Gala 3rd Anniversary Issue!

NORTHWEST PASSAGE

VOLUME 6, NUMBER 12 BELLINGHAM, WASHINGTON APRIL 3– APRIL 16, 1972

Spring Strikes!

This issue includes articles on: organic gardening, herbal trips & bicycling

Also: Bottleneck Guitar Playing

and much more of course!!

Intalco

People:

Your coverage of the Intalco affair was splendid. Keep up the good work.

As one who took in many County Planning meetings last summer, I can see where there is a real need for an expose of the mess in our subdivisions . . . .Have you gone out and seen how many were underwater? Who told the truth about drainage or lack of drainage? The oldtimers who told how the water level can sometimes come way up or the land developer who swore up and down that the water level never oh never! came as high as the old timers said it did. Now it has and look at the mess we have. . . .

Yours truly,

Rune Kirune
Lynden

Toilets

Dear Passage:

Hi and thanks for the fine article on the alternative toilet (clivus system).

Until those can be made more readily available, here is a neat little water saving trick: fill your toilet (water storage area) with 4 or 5 common bricks.

By doing this, only half as much water will be used for flushing.

B.A.

Organic

Dear people,

A point which mother bird neglected to reply to in the response to Don William's letter was the fact that Don claimed that there are no substantial differences between 'organic' and 'inorganically grown' grains. Catharyn Elwood in her excellent book FEEL LIKE A MILLION stated that wheat grown fifty years ago contained 18% protein, while wheat grown today contains 8 - 10% protein... they didn't use chemical fertilizers 50 years ago. Just who should have the criminal suits filed against whom is very questionable.

peace to ya aii
vic marks
box 70
rackendale, b.c.

Falling Masks

Dear "Rajendra" (c/o NWP):

Thank you for your sincere response to my article. I am not sure, however, if you either understood or corrected me. My article was not a deprecation of Yoga but of pretentiousness. I was and am primarily concerned with the dangerous temptation to believe that understanding, resolution, wholeness, are to be found in some book, some distant culture, some abstract terminology, in some area outside our own hearts.

You have taken point after point in the article and insisted that I am wrong, but you make no effort to substantiate your insistence. You say, for example, with sureness, authority, and a bit of defensiveness that "Hatha" does not mean "violence"; Mircea Eliade, the great Sanskritist (and Chairman of the Department of Comparative Religion at the University of Chicago) says that it does mean "violence or violent effort" (cf. **Yoga: Immortality and Freedom,** page 228). W. R. Witney in his **Sanskrit Grammar** also disagrees with you.

You assert that in Yoga the "body is given much loving care." One of the primary textbooks of Yoga, **The Gheranda Samhita,** offers instructions for such "loving care": "Stand waist-deep in water. Draw out your intestines and wash them. When all the filth is washed away, draw the intestines back into the abdomen." This is not an unusual example (cf. Eliade, *Ibid.)*

You have written that "Yoga can never be said to be dualistic." Why then does Swami Prabhavanda (e.g. **The Spiritual Heritage of India,** p. 2II, etc.) say it? And why does Patanjali say it?: "Yoga is the isolation of *perusa* (life-monad or spirit) from *prakriti* (nature or flesh)". Perhaps you are confusing the dualistic Samkhya-yoga system with monistic Vedanta?

In further contradiction to your description of Yoga, Patanjali demands a "purification of the body," the cultivation of a "disgust with our own bodies" and "a ceasing of contact with other bodies" (cf. **Yoga Sutras,** e.g. II, 40). If your assertions are correct, Patanjali, the author of the **Yoga Sutras,** did not understand Yoga.

You insist that "liberation is not renunciation" in the Yogic tradition. The commentators disagree with you: Eliade (*Ibid.,* p. 40, 44, 52, 88-89, etc.), Alan Watts **(Psychotherapy East and West,** p. 67), Swami Prabhavanda (*Ibid.,* p. 100, 287, etc.). The latter explains, "as we practice Yoga we strive to attain complete renunciation." Sri Ramakrishna in his **Gospel** agrees that renunciation is the main path for the yogin; he says it is "the spirit of the **Gita.**"

You claim to know what Yoga is and what it is not, and yet you do not secure your claims within the contexts of any primary sources. You quote and cite only Baba Ram Dass (who, disguised as a mild-mannered guru, is really Richard Alpert, strange visitor from another cultural tradition. It is not insignificant that Alpert's disguise includes celibacy — yogins, with the exception of some tantrikas, abhor the carnal manifestations of the man-woman relationship and see it as ensnarement).

You suggest that Yoga has the same end as "Zen, Sufism, mystical Christianity, etc." I find your "etc." of particular interest — it is typical of what I called in my article the search for the truth "anywhere but here and now."

You end by suggesting that we join others in "dissolving the ego . . . land experiencing blissful union with the Infinite' . . . Give us, please, Mahaguru Rajendra, not no-self, but a self that is actualized and realized; give us, wise Rajendra, not the abstract "peace which passeth all understanding" but joy and sorrow keenly understood. I am frankly suspicious of the Infinite. It is a distraction from the finite bread that feeds us, the finite person that needs us, the finite hand that touches us warmly. And the Eternal may well be a distraction from this fleeting moment of awe.

I am not unsympathetic with your involvement in Indian religious traditions. Certainly there is a great deal to be learned from the sages of India. I am an ardent student of that culture's sacred literature. But I am aware of perils:

> *. . . One patient who was a senior Vedanta monk for many years states that he repeated his mantram and practiced transcendental meditation for twelve years and that he often found himself in a state of bliss. But the final result of all this bliss was a complete breakdown and the need for therapy . . . .*
>
> *— Dr. Arthur Janov,* **The Primal Scream**

Janov believes there is a temptation for the westerner to use "easternism" to avoid his own pain, his own feeling, his real being.

My article was not an authoritative exposition of Yoga. It was simply a suggestion that perhaps our true goal is to become wholly what we are, to let the masks fall away. Rajendra, what is your real name?

Yours,
Lee Siegel
Bellingham, Washington

Steam Baths

Dear Passage,

The steam bath is cheaper than the sauna. It doesn't have to be as sturdy and requires only dry rocks and an old wood stuphin stove cooking in it. Only a 6' X 6' area is required by the leprachaun clouds on Jupiter. This area could be found in the corner of an old garage or an unused one. You will need a space outside of the sauna up your streets for playing splashy cold water on loud yelps of mountain creek wanderfulness. OOOEEE!

The realistic and ritualistic charge of animal glee is both stimulating, cleansing and makes your glow of feelings surge with a natural highness that an elephant would wink at. Getting into specific herb teas or foods before or after the bath make the stimulating affect a very heavenly tool. Most important of all thangs is a shelter, food, and a tool. That a stuph and thangs ain't only on Jupiter is true all over the universe. It's also called breathings and that covers a lot of problems. This is not to say that yore brains are in your lungs or that you have a dumb nose jes' cause you ne'er breathe deeply.

Barney Culle

The Living Dead

Dear NWP:

The worst horror of prison is not the daily abuse, the devilish rules, the sexual deprivation, or the tasteless unhealthy food. It isn't the claustrophobic cages in older prisons and the filthy, unhealthy living conditions that go along with them. The tampering with and destruction of our mail. The ripping up of our personal possessions in the name of a "shakedown". The constant fear of the hole for minor infractions. The beatings, so true in prisons back East, macings, and conscious psychological torture meted out of special segregation units like P.C.H. or P.K.C.H. (Pending Kangaroo Court Hearing), better known to us the inmates as an endless number of days in the hole, very filthy unhealthy living conditions, cold food, a striped cage and you're lucky to get six squares of toilet paper. It's not even the sadistic "so called" officers and counselors. Them playing the roll of the sadist and you not being able to do much, if anything, about it. So you with that constant fear of the hole hanging over your head can't be much other than "the stalemate". The living "dead".

It is a feeling of descent into hell, the belief that you'll never see the streets again, that when those gates close behind you every friend, lover, and relative will at best keep loyal to that once-a-week visiting ritual and at worst, lose interest in you as the time drags on and leave you totally at their mercy. Except for that three hours a week, you are surrounded by people who have total contempt for you and who can do virtually anything they want to you without fear of reprisal. What is so terrifying is the devastating powerlessness of prison, the feeling of being dropped into a long, dark tunnel. Where the people at the other end have given up the search, even though you can hear their voices.

Name withheld by request.

A Monroe Washington inmate

The PASSAGE welcomes letters. Space limitations afford brief, to - the - point letters the best chance of publication. Please include stamped, self-addressed envelope for acknowledgement.

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Getting in Tune

...And do not change. Do not divert your love from visible things. But go on loving what is good, simple and ordinary; animals and things and keep the balance true.

— Rainer Marie Rilke

Spring is slowly showing itself on all sides. The last several issues of the *PASSAGE* have dealt with problem situations. In this issue we have instead tried to show some ways everyone can move outside from their sheltered vantage point indoors. How can we regernate ourselves, after this weary winter?!

The last several issues were largely concerned with situations which, although they are quite close to us in impact, often leave us feeling numbed and unable to feel that we can change the course of events. Thus this time around we hope we've managed to show you some things you can grasp a hold of right now! Like going out, planting your feet firmly on the ground and working over the soil; or grabbing your bicycle, fixing it and heading out to a park; or picking up some old guitar and strumming away some notes to the tune of the sun.

Breathe deeply and let nature's force rise to the surface of your consciousness.

N.V.V.

Those who do not trust nature as a model cannot be trusted as guides.

-Tao Teh Ching

* * * * *

Speaking of models, sometimes we *Passage* folk wonder how you people out there feel about what we are doing or not doing well. Now that we've arrived at our 3rd anniversary somewhat safely we hope you feel enough a part of us to send in your random ruminations on your own appraisal of us. And like the man said - keep on truckin'!

Dear Northwest Passage:

I would hate to miss an issue. Please send me the PASSAGE regularly. My payment is enclosed. Rates: $6.00 per year; $11.00 for two years; $125.00 lifetime; free to prisoners (add $.75 per year for Canadian address, $1.50 for foreign)

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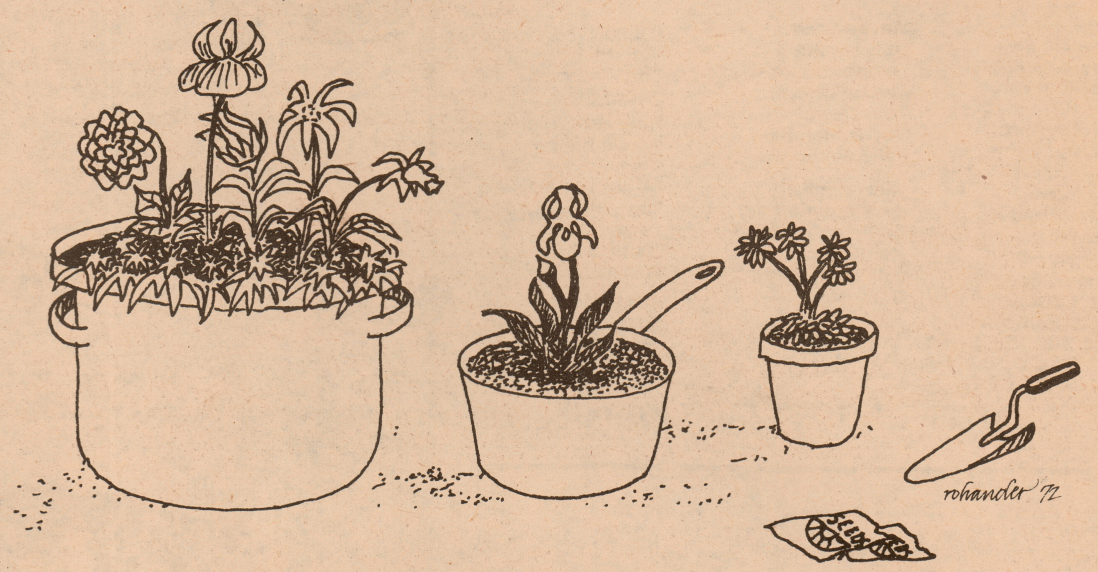
Box 105, So. Bellingham Station, Bellingham, Washington 98225.

Rhododendron Jelly and Stuffed Squash

[Ed. note: This installment by motherbird looks over the wide field of weeds and flowers that are good for your garden, and good for you.]



ANGELICA: *(Angelica Archangelica).* Uses: fresh leaves good in salads, jams and jellies, flowers can be candied. Roots are medicinal. The Indians used root tea to fight influenza and to rebuild depleted system, sucked bits of root for sore throat and fried, shaved, and smoked roots to use for head colds. It is also said to remedy poison and plague, used against witchcraft and the bites of mad dogs. Fresh seeds must be used for planting; dried seeds no good. The plant can be made to live several years if the flowers are kept cut. If it goes to seed, it dies.

BORAGE: *(Borago Officinalis).* The flowers, which are a beautiful blue, *"bring courage to those who partake."* The leaves can be eaten in salads, cooked as a vegetable. Borage is one of the four cardinal flowers of the ancients. The bees like it. It self-sows. Transplant only when young with lots of soil; stake mature plants.

CHAMOMILE: *(Matricaria Chamomilla).* The leaves and flowers can be used for tea, as a cure for indigestion, to cure scours in calves, and as a salve for wounds. It makes a good hair rinse. The symbolic meaning is energy in adversity. It can be differentiated from a similar plant that grows wild by its hollow stem.

CATNIP *(Nepeta Cataria).* Makes a good sedative tea, a natural tranquilizer for infants. It is an excellent bee plant, a hardy perennial. Buy plants; seeds are very hard to start.

CHRYSANTHEMUM: Chrysanthemum wine is supposed to insure long life. It is made by picking the flowers with the stems and leaves, fermenting them with millet. A year later, on the 9th day of the 9th moon, it is ready for use. — Hse Ching Tsa Chi. In China it is believed that eating Dhrysanthemums increases longevity, that it will turn white hair black again, make the body light and vigorous, and that after two years of taking pills made of chrysanthemum (stems, roots, and flowers), the teeth will grow again. **The French scald and cool the petals and mix with greens for a salad. To make Chrysanthemum Soup, pour one pint of milk in a pan, heat, and when it is just coming to the boil, stir in 2 tablespoons of flour and stir until thick. Add chopped petals of one large or several small flowers which have been previously soaked in boiling water for 2 minutes and stir for 10 minutes. Serve hot.**

CLOVER: Symbolized the Holy Trinity. **Clover Sandwiches: Spread a round of bread with clover butter, lay on it a circle of clover flowerets with the petals curling out over the edge of the bread. Place another buttered bread round on top.**

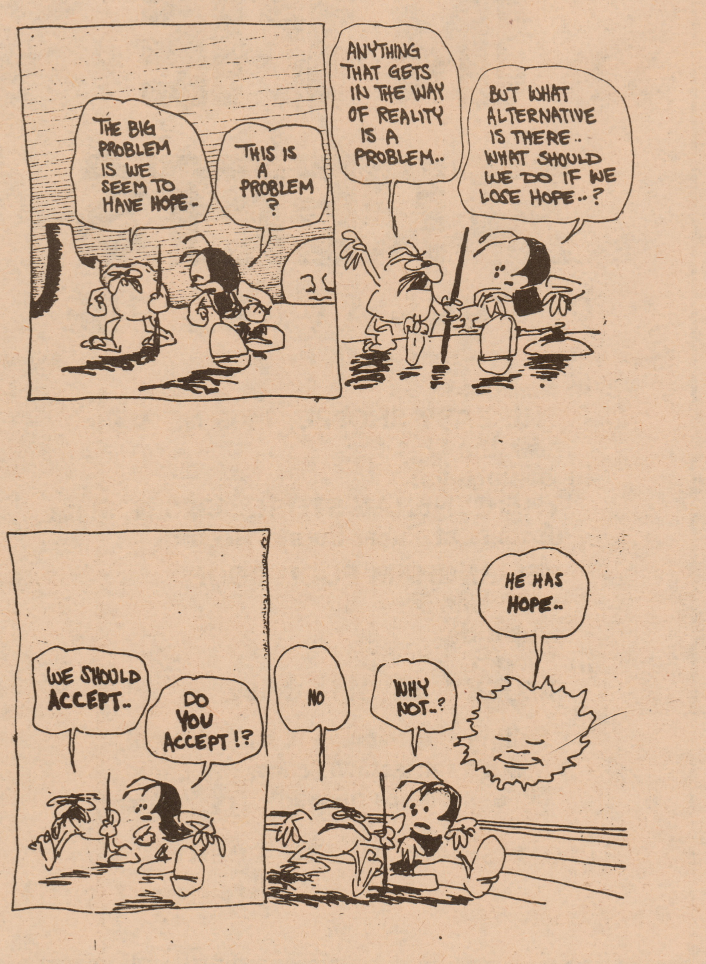
DANDELION: *(Taraxacum Officinale).* A very important plant in the organic garden. It produces a neutral humus soil, encourages earthworms and has good influence on vegetables by bringing up calcium and minerals from down deep and making them available to nearby plants. A good companion plant for vegetables. Dandelion has some B vitamins and a great deal of vitamin C.

Dandelion Soup: 1 cup dandelion pulp, 1 Tbsp. butter, 1 Tbsp. flour, 1 cup milk, salt and pepper, yolk of hard cooked egg. Make a white sauce, add the dandelion pulp. Just before serving, add the yolk of egg which has been pressed through a sieve.

Dandelion Omelette: Take very small dandelion buds which are just about to open and toss them in butter over a low low heat. Then add eggs. By that time, the buds will be open (caused by the heat). Served with hot buttered toast — delicious! The leaves are edible; pick young ones, and this spring try dandelion wine or dandelion beer. The roots are medicinal.

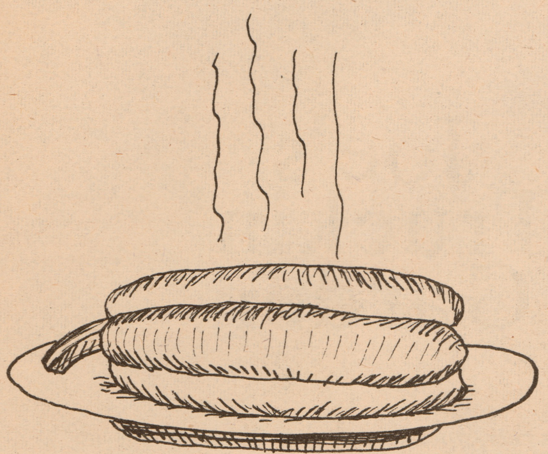
EQUISETUM: *(Equisetum Arvense).* Horsetail, Scouring Brush: These grow all over the place around Bellywash, and besides being edible have other valuable uses. Among the most important is "Equisetum Tea." This "tea" is actually a spray which when used on trees and plants prevents growth of fungus and rusts. Equisetum first produces a fertile spore bearing stem that looks like bamboo. These die away completely before the taller sterile stems come up. These are the ones to use. They have needle-like foliage and look like young pine trees. Harvest them before they turn brown. Spread thin and dry in attic or barn. Turn once. The tea is always made from dried plants. This tea, sprayed finely on flat of seed beeds also prevents damping off, mildew or fungus.

LAVENDER: *(Lavendula Officinalis).* A hardy perennial, propogated from cuttings. It won't produce flowers for a couple of years; don't get discouraged. Protect in the winter. The petals can be used in fruit drinks, custards. Sachets made from the blossoms keep moths away. *"I judge that the flowers of Lavender quilted in a cap and daily worne are good for all diseases of the head that come of a cold cause and they comfort the braine very well."* Wm. Turner, A Newe Herball, 1551. **Lavender Jelly: Use apple jelly, and while it is hot, pour over lavender petals which have been placed in the bottom of jelly glasses, cover with paraffin and seal while hot. Lions love lavender.**



Blossoms All in a Row

by mother bird



MARIGOLD: Easy to grow in a hot, southern exposure. *T. Lucinda* not showy but good to eat. Grow well with lots of blooms in poor soil. Fresh petals can be used in salad,custard, stew and rice. Dried petals can be used in stews and rice. In Holland vast quantities of petals are dried for the winter for broths. Petals can also be added to biscuits as well as raisins and candied fruits, if you like.

NASTURTIUM: *(Tropaeolum Majus).* Plant in sunny, well-drained spot. Leaves and flowers are very good chopped in salads, also try them in fruit salads. Tea can be made from dried leaves and flowers and seeds can be pickled and used as capers. Nasturtium leaves contain 10 times as much vitamin C as lettuce. **Nasturtium Sauce: Take a quart of nasturtium flowers and pour over them a mixture of a quart of vinegar, six challots, six cloves, a teaspoon of salt, and ½ tsp. of pepper (which have been boiled together for 10 minutes). Keep the flowers covered with this mixture for a month and then strain into bottles. A little soy sauce can be added if desired.**

NETTLES - STINGING: recognized *"where a little stream meanders through light woods and the ground is low and damp"* by their notorious sting — not so bad if you don't scratch it. Nevertheless, ~~stingign~~ nettles are among the most valuable of our wild plants. One of the best additions to your compost pile. They grow in excellent soil and improve the soil they grow in. *"One day he saw some peasants busy plucking out Nettles; he looked at the heap of plants uprooted and already withered, and said, 'they are dead. Yet it would be well if people knew how to make use of them. When the nettle is young, its leaf forms an excellent vegetable; when it matures, it has filaments and fibres like hemp and flax. Nettle fabric is as good as canvas. Chopped, the nettle is good for poultry; pounded it is good for cattle. The seed of the nettle mingled with fodder imparts a gloss to the coats of animals; its root mixed with salt produces a beautiful yellow color. It is besides excellent and can be cut twice. And what does the nettle require: little earth, no attention, no cultivation. Only the seed falls as it ripens, and is difficult to gather. That is all. With a little trouble, the nettle would be useful; it is neglected, and becomes harmful.' "* — Victor Hugo, *Les Miserables.* Nettles, besides being delicious to eat, have the most iron of any green, and are rich in vitamins A, B's, and C. For eating collect the tops of 4" - 6" high young plants. As the plant becomes older it becomes gritty. **Nettle Pudding: (or stoned soup) To one gallon of young nettle tops, throroughly washed, add 2 good-sized leeks or onions, 2 heads of broccoli or small cabbage, or Brussels sprouts, and ¼ pound of rice. Clean the vegetables well; chop and mix with nettles. Place in a pot with 2 parts water to 1 part rice; cook until done. Serve with gravy or melted butter. Nettle and yarrow give greater aromatic quality to herbs.**

RHODODENDRON: *"The valley of the Doon lay stretched before me, and the hills around me. There is a Rhododendron tree on this estate that bears white flower — it is a great rarity andhighly prized. The Hill men are fond of sucking the juice from the petals, which is said to possess an intoxicating quality."* — Parkes, The Wandering of a Pilgrim.

Rhododendron Jelly: Clean and pick out the stamens of the flowers (about 4 lbs.) and place on the fire with 8 small tumblers water. Boil this until all the juice is extracted from the petals, then strain in a course strainer. Mix with the juice equal parts sugar (4 lbs.) and the juice of a large lemon. Cook till it becomes the consistency of jelly. An excellent substitute for red currant jelly. L. V., Indian Chutneys, Pickles and Preserves.

ROSES: Non-hybrids are best for eating and cooking, the old standby being the Damask Rose. There are hundreds of recipes around for rose petal infusions, jellies, sweets, cordials (guaranteed to "wash the mulligrubs out of a moody brain), cookies, cakes, nectar honey, etc., not to mention as many more for rose hips. **Rose Fritters: Dip petals in brandy, then into batter; fry in deep fat. Serve dusted with sugar. Rose hip soup: ½ lb. dried rose hips, 3 pints water, 2 ~~ex.~~ potato flour, 3-4 Tbsp. Madeira or sherry, 1 dozen blanched, shredded almonds, 1 tsp. lemon juice, 1 Tbsp. sugar. Soak hips in water and let simmer until quite soft; force through a strainer. Boil and add other ingredients and serve with little dumplings or put a spoonful of whipped cream on top of each cup. Grow garlic in with your roses; they are mutually very beneficial..**

SQUASH BLOSSOMS: Since they're probably already in your garden plan . . . **Stuffed Squash Blossoms: Use two flowers for each person and stuff with sweet corn, green chilis, squashes, onions, eggs. Stuff, add a bit of cheese and butter, dip in flour and beaten eggs. Serve hot on a platter garnished with radishes and lettuce.**

RUE: *(Ruta Graveolens).* or Meadow Rue grows wild in many parts of the Northwest. It likes poor clay soil and needs sunshine all day. It is a medicinal plant, magic, and is the symbol of the earthly unknown, and offers second sight. Use sparingly in salads, stews. It also is an old disinfectant.

VIOLETS: Venus and Villets. The goddess of bloom and beauty, the protectress of gardens and its most modest inhabitant. I think it is the Amish children who collect and eat violet blossoms in the Spring because of their high Vitamin A content. **A Salad of Violets: Take endive, finely curled celery, a sprinkling of chopped parsley, a single olive, and the petals of two of three dozen blue violets; mix these with the purest olive oil, a seasoning of salt and pepper, a dash of Bordeaux and a *soupcon* of white wine vinegar. Violet and chamomile flowers mixed make a delicious tea. For something different add violet petals to pancakes, custards, and puddings.**

WORMWOOD: *(Artemisia Absinthium).* Dies over winter, sends up stems in the spring, needs to be cut back in the summer. A valuable addition to your garden as a catch-plant for slugs, is disliked by the moths and white cabbage butterfly. A tea can be made from it that gets rid of plant lice.

Off the Slug

Around this time of year slugs and snails may start to be a problem. Most of the local garden stores sell snail bait, but you may wish to consider the following information before using this substance.

Common to most snail and slug bait is the chemical compound *metaldehyde (C2H4)).* It is used in a compressed form as a fuel instead of alcohol, and of course as an agent for sending slugs to their happy hunting grounds. **This compound is highly toxic — ingestion may cause intestinal irritation and severe kidney and liver damage.** The LD, or the lethal dose that willkill 50% of all individuals is 600 - 1,000 mg./kg., or about 40-68 grams for a 150 pound human being. **It would not take much to kill a child.**

You may choose not to use this poison. If so, try bordering your garden with a large strip of sand and/or sharp rocks. Also, you may wish to remove these critters by hand. If you have any further suggestions or effective methods, please write the NWP and let folks know.

— manny mollusca

[Ducks eat Slugs. — MB]

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Ms. Ann Nugent

Dear Ms. Nugent:

Thanks very much for your letter of January 26 telling us of your work trying to make USDA officials follow a reasonable pesticide policy.

We are publishing your letter in the April issue of **Organic Gardening and Farming.**

I read some of the articles in the issue of **Northwest Passage**, that you sent and have passed it around our office for others to see.

Incidentally, you may be interested in the enclosed issue of **Rough Beast** which contains an article on the problem of land reform that I wrote.

Best regards.

Sincerely yours,

Robert Rodale,
President

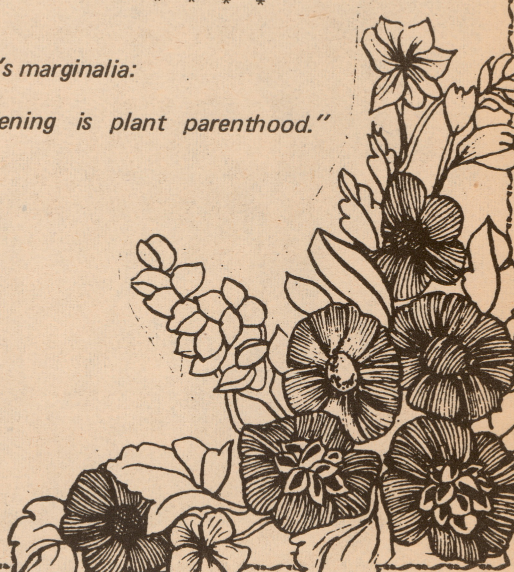
Most of the recipes in this article are from a fantastic cookbook, **Flower Cookery**, *The Art of Cooking with Flowers, by Mary MacNicol. The book is published by Fleet Press Corp., and can be ordered through Bank Bookstore. Besides the recipes I've passed on, there are recipes for such delights as "Rice Cooked in Eight Precious Shadows" from a book by Townley Searle:* **Strange News from China**, *1932: Pansy Wine, Plum Blossom Dumplings, Thistles with Cheese, and many more. This, liberally sprinkled with quotes from old herbals and histories, makes up one of the most enjoyable cookbooks I've ever read and used.*

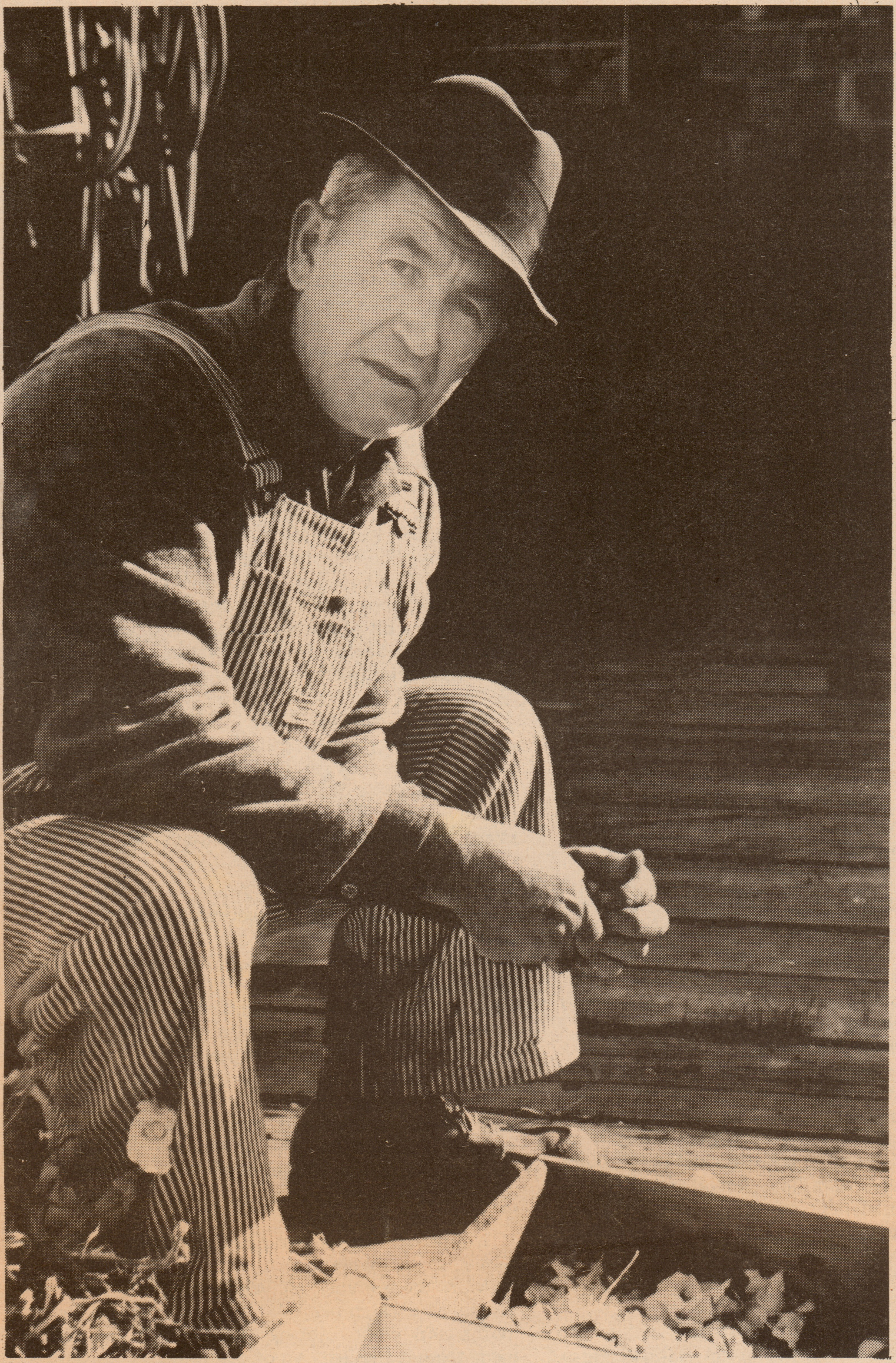
MB

* * * * *

marga's marginalia:

"Gardening is plant parenthood." C.W.





Joe's Truckin' Garden

Joe has been truck gardening in South Bellingham for over twenty-five years. He has his three acres together. Although over sixty, he is on his hands and knees every day, working with the earth, bringing life up from the soil. Only through long hours and careful attention to his work can a truck gardener like Joe expect to compete with the huge corporation-run, heavily fertilized farms in the San Joaquin and Sacremento River valleys.

Joe's example has provided much of the energy presently being invested in backyard gardens throughout the county. His devotion to the soil and its fruits can be an inspiration to any gardener who visits him at his garden on 32nd Street in South Bellingham.

From the soil must rise a new generation of gardeners cultivating a new life, free of the plastic food and lifestyle with which America provides us. Gardens can provide the turf from which we learn to work collectively for our common health and welfare. China is essentially a nation of truckgardeners, and look where they're at; so to all gardeners, GIT DOWN and DIG YOUR TURF.

Keep on truckin', Joe.

photo essay by curt rowell

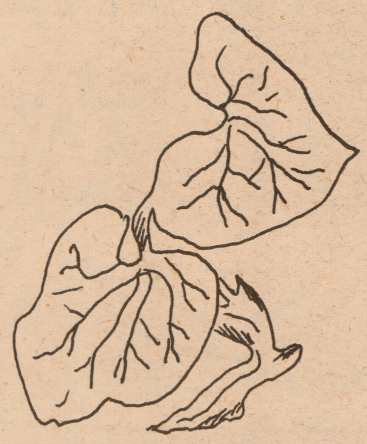
HERBAL TRIPS:

Sample Some Herbs

by jeff and lynn fine

"Revolutionize the common manner of living, eating, and drinking, and you will have a happier and healthier people."

Jethro Kloss certainly can teach us many lessons. If you've never thought about eating wild foods, you might, with the arrival of Spring, give the idea some serious thought. After a winter of internal search and dormancy, the light and warmth slowly is upon us. We step and walk by the myriad of plants that are growing around us, and inadvertently lose sight of a beautiful process. Plants and mushrooms have the unique ability to grow toward the Light. Turning and twisting through the ground and underbrush, some of the most wonderful living systems are positioning themselves in the Light. With all the darkness which surrounds this earth at times, we should try to pick up on this subtle beautiful process and gather inspiration from it. The gathering and foraging of wild plants is a joyous experience. In fact, it is more than an occasional supplement to our diet. As Euell Gibbons writes, "an herb is to hunt. An herb is to learn. An herb is to see. An herb is to pick, to gather, to use. An herb is to taste. An herb is to smell. An herb is to cure our illness. An herb is to nourish our bodies. And finally, an herb is to enjoy." Some people have related to herbal trips as herbal guerilla warfare, but we think it is more towards life, love and balance. Balancing the internal physical - mental flow is a great peaceful asset to handling external realities. Wild plants greatly aid this process.



Wild Ginger
(asARum Caudatum)

Wild Mint
(Mentha sp.)

If you've never foraged before, probably the best plant to start gathering is the nettle. Before you flash out on nettle stings, you need only know that cooking removes the stinging formic acid. If by chance you get stung in the gathering (remember to use gloves), just squeeze a little bracken fern juice or dock onto the sting and recite "Nettle in, dock out; dock in, nettle out." Besides being rich in Vitamin A and C as well as a protein source (9.6 gr/100 g), dried nettle added to chicken mash will increase and enrich egg production. Nettle hay gives your horse a shinier coat, and will do wonders for your own hair. Just steep a few teaspoons of nettle leaves in a cup of boiling water for at least twenty minutes and massage into the scalp. It makes the hair shinier and goes after dandruff. Prepare nettles in any manner you see fit. Just remember that they sting when raw, and you don't want to boil them too much, as this destroys the vitamins. Just use the water left after washing them. If you're into brewing things, you might try Euell Gibbons' quick English Nettle Beer. Take 4 quarts fresh nettles, add 2 gallons of water, 2 whole sliced lemons, and 2 ounces dried wild ginger root (or regular ginger). Boil gently for forty minutes, strain and stir in 2 cups brown sugar. When the mixture is lukewarm, dissolve a cake of yeast into a cup of the mixture, and then put it into the brew. Tightly bottle the mixture, and in about 4 days it is ready to drink. Drink it ice cold. Basically, eat a lot of nettles and stay healthy.

LABRADOR TEA
(Ledum Latifolium)

If you're interested in plain old salad fixings, you'll find all you need to eat around here in the next few weeks. If you start on the rocky seashore, you will find wild onions in abundance, of if you travel into Eastern Washington you will find the same. While you're East of the mountains, you can gather the wild asparagus which when found in abundance is instant food nirvana. Along most streams, watercress is abundant and around barns and in nearly everyone's place is the little delightful chickweed If you wander into moist hardwood forests, you're bound to find the little heart-shaped Wild Lily - of - the - Valley, which makes a delicious salad treat. A little later in the season, lambsquarter grows everywhere as well as pigweed, which are both healthful additions to any salad delight. If your sense of smell is intact, always be on the lookout [or nose-out] along streams and marshes for spearmint, peppermint, or pennyroyal, which make excellent additions to your system. Incidentally, oil of pennyroyal is an excellent insect repellant. If you're hassled by mosquitoes, rub a little fresh pennyroyal on your skin. By mixing these fixings together, you'll be getting more vitamins than if you ate a mountain of fresh spinach and lettuce every day.

If in spite of all this goodness you're still a little spaced out, a little out of balance, or you just can't seem to slow down your head, you might want to brew a few gentle tranquilizing teas. Mint tea is always a favorite with us, as well as tender fresh green chamomile which probably grows in everyone's driveway. If you want to put your head in a mellower space you might try getting down on some wild lettuce. Wild lettuce, when picked and mashed, exudes a white milky juice which turns reddish brown on exposure. Upon drying, this substance looks and smells like opium. Either prepare a tincture of the gum for insomnia, or smoke it. It is a very mild sedative. If you can find a good source of Labrador Tea, you'll find this delightful bog plant to be very spacy. We hear it has some interesting effects when smoked. Also, don't forget catnip, which will always take a gentle load off your mind.

If you sample a few of these plants all the time, we think you'll be pleasantly surprised and enriched by the experience. Good manuals for herbal identifications and cures are: Euell Gibbons, **Stalking the Healthful Herbs,**; Jethro Kloss, **Back to Eden;** Joseph Meyer, **The Herbalist;** Virgil Vogel, **American Indian Medicine.** Back issues of the **Passage** for "Healing Yourself" and "Herbal Trips", or any little manual on plant identification in the Northwest will be of great assistance.

If you should get a little down this spring, you might remember what an old rabbi once said about healing herbs. **"God wanted men to have a choice, so he cloaked his doing in the courses of Nature. That is why he created healing herbs. With the herbs, the sick are themselves physicians who heal the poisons."**

ELECTRIC COOLAIDE ANALYSIS

THIRD EYE AUTO REPAIR

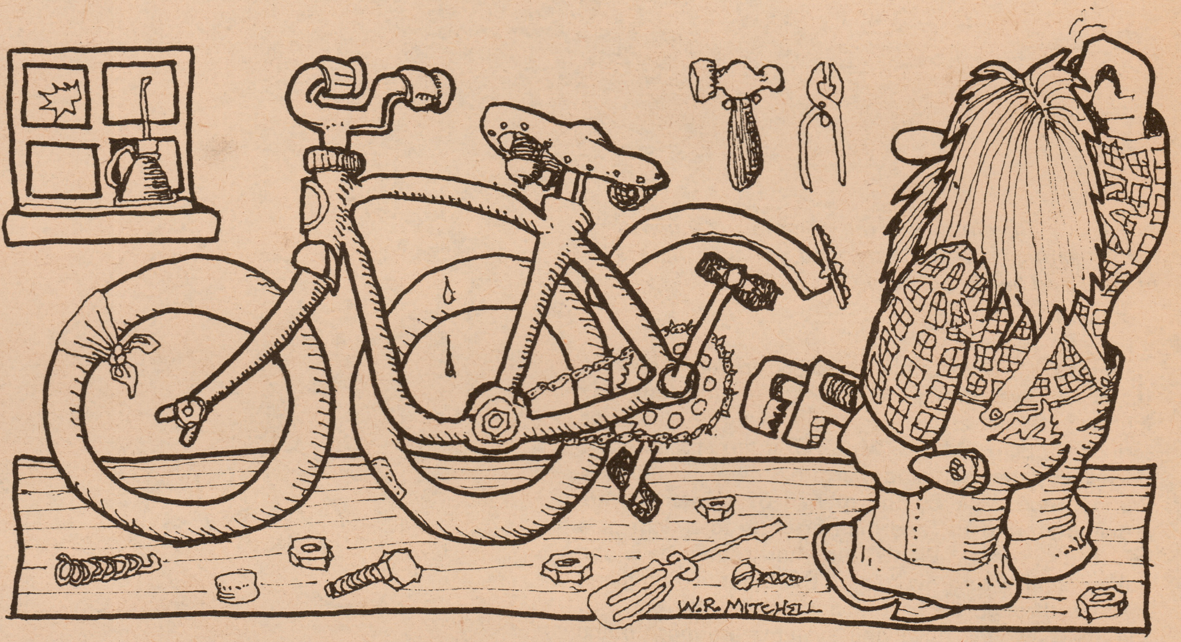
3031 N'WEST AVE.

JOHN

!!!YIKES!!BIKES!!!

bicycle tech 101

by our south bellingham correspondent



Winter is over and people are starting to come out of hibernation. Now that these sunny spring days and balmy evenings are here (sometimes),* us cyclists might like to put our wheels in tip-top condition. If you use your bike for daily transportation as increasing numbers do, it could probably stand a thoreau spring cleaning after being ridden through winter. Bicycle technology has not changed very much in this century, thus, almost anybody can cope with the demands of keeping their machine smooth-running. Here's one way of doing it.

You'll need a rag, oil, grease, pliers, adjustable ("cresent") wrench, screw driver and elbow grease. CLEAN: wheel bearings, crank axle bearings, headset (handlebar) bearings, pedal bearings - clean with rag and solvent (gas, turpentine, kerosene, etc.). Repack with grease - car lube grease from the gas station works good. May need larger wrench for crank and headset nuts - watch out!Cranknut may be left-hand thread. Ball bearings have a tendency to roll all over the floor, so have a container handy. Not all pedals give access to bearings - these are less important than other bearings, but still worth your attention.

BRAKES: take apart and clean brake calipers and cables. Grease cable and other bearing surfaces. DERAILLEURS: fun to take apart if you can reassemble it - sort of a metal mechanical puzzle. Otherwise clean with brush, rag 'n solvent and/or air hose. This is a notorious place for dirt to gather. Lubricate with grease or oil - wipe off excess. Spraycan dry lubricant is s'posed to work good here. Also do control cables and levers.

CHAIN: vital link in your machine. Clean it with brush., rag 'n solvent - remove and soak in solvent if you have access to a chain-link extractor tool (10 speeds only). It is important to check and oil this often. It will wear out soon if you don't keep it lubricated.

ADJUST: everything else - clean the entire machine!

ADJUSTMENTS: wheels should roll freely but there should be very little slack in the bearings. Adjust by turning cones and locknuts with pliers and wrench. Same with crankbearing and headset. Take up slack in derailleur cables and adjust the range of the changers with the adjusting screws! Adjust the brakes, replace worn pads. Two inches travel at brake lever ends is rule of thumb when you apply brakes fully. Adjust seat and handlebars for comfort plus efficiency!

ETC: replace chain, cables, bearings, sprockets as they wear out. The difference a new power train makes is substantial. This guide is sketchy at best, due to spatial limitations, but does indicate a direction to go as you ride down life's highway. Rolling up your sleeves and doing it teaches more than one thousand words and if we can, you can too! Don't forget to true your wheels and remember to keep your tires hard. Hope we didn't leave anything out. One of these days we ought to clean our bike too. Well, that's one version; how about some of you sending in your ideas on the way to do it.

RECESS: meanwhile on the homefront, people are riding bikes all over. Even the Mayflower moving man rides to work! Favorite local rides include world famous Chuckanut Drive, Lake Samish and back, Lake Whatcom and the loop ride out Mt. Baker Hiway to Deming, south on 9 to Van Zandt and Wickersham, then back to town by the south of Lake Whatcom Road or via Alger and Old Samish Way - about 50-60 miles. We did it on a Sunday afternoon 2 years ago.

Interest seems to be increasing in things velocipedal. Tell all your friends that around town you're almost as fast as a car and you can have loads of fun too. The virtues of the bicycle are being proclaimed widely nowadays, and they're probably all true. We will all benefit from increased vitalization with the use of one of man's greatest technological achievements.

The *Northwest Passage* invites cyclists in the audience to contribute writing, etc. on any aspect of cycling from ashtabula cranks to wheel stands — or your favorite ride. Send message to Cycling Editor, *N.W. Passage,* 100 Harris, Bellingham 98225.

To Find the Falls

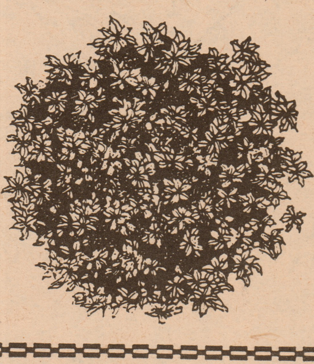
by meera

The foresight of Bellinghamsters in the early 1900's preserved for their progeny (that's us!) a playground, a pond, a creek - a primitive, shade and quiet 240 acres of land (although only 16-17 acres are currently used) the way it was and the way it is. No further than a 20 minute bicycle ride from State and Holly, Whatcom Falls Park is set by the wayside just beyond the cemetary going east and to your left on Lakeway Drive.

According to George Rosenahll, the groundskeeper, the park was probably the first established by the people of Bellingham, that being somewhere in the dawn of the 1900's. Donations were taken up by the community for playground equipment. Back then the trolley ran from downtown out to the edge of Lake Whatcom. Bellingham folks could come out as far as the park and walk the trails or go as far as the lake and take a steamer ride. This was an all-day excursion out in the country.

Although we can hardly consider this "the country" any longer, Whatcom Falls Park still offers a place to retire to. As you enter the park there is a pond with - yep! - real ducks and geese. Beyond that is the sound of big and little kids playing on monkey bars, swings, teeter totters and a slide. Tennis courts are also available in this playground area.

Now comes the best part. Aim your bike down the path and coast smoothly for a good, twisty length of road. The sounds of civilization fade and a gentle, steady rushing whisper begins to submerge you into another world. Running through a sharp ravine, Whatcom Creek stakes its claim on the land. You can park your bike below the state fish hatchery and just below that a path leads to a mossy stone bridge which spans the creek and provides an appropriate place to rest your arms and contemplate Whatcom Falls. I can say no more, but if you would like to see the giant rocks carved by the movement of the creek, feel a mist of cold water on your skin, sense the

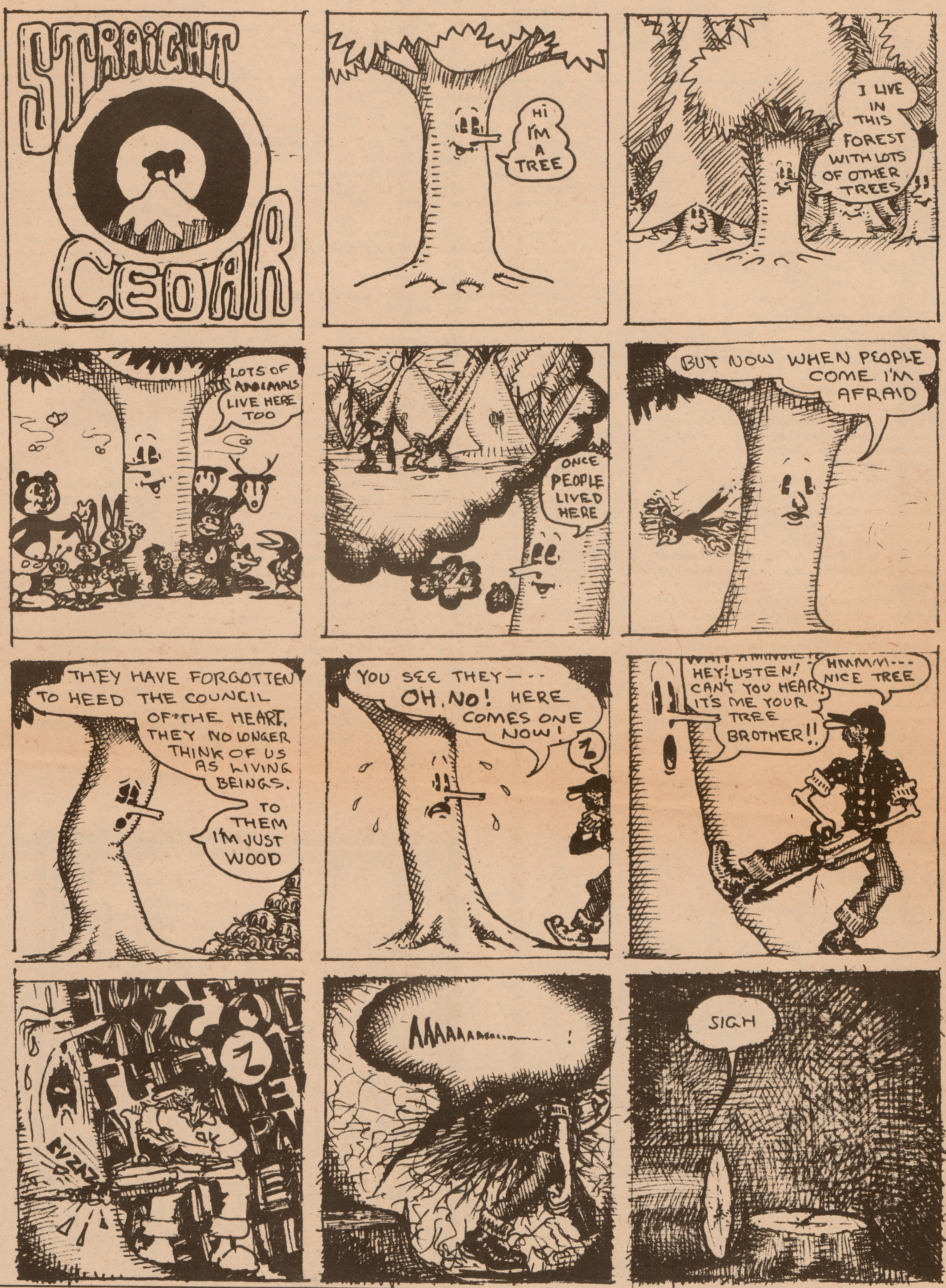


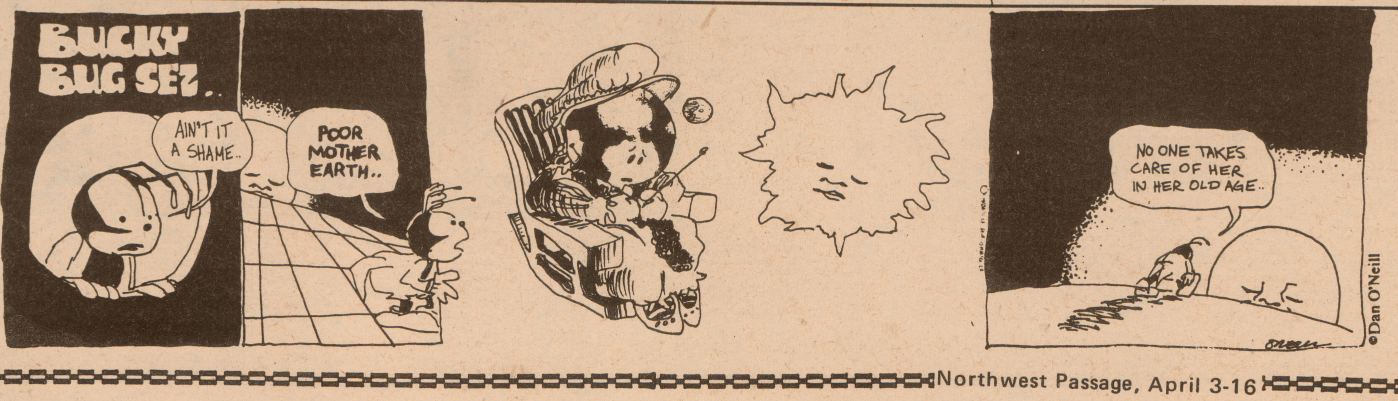
power and perfection of nature, the Falls are food for the imagination. Hearsay has it that this area is great for swimming, too.

Beyond the bridge are three paths leading up and down the ravine, from the creek to the upper portion of the park. The trees, the birds, the creek and sunlight blend to shape a moment of reverie, a veil of peace, an inkling of the infinite. After pedaling out to the park your body naturally moves towards rest, but that becomes secondary to the propensity aroused moving your mind towards stillness.

The road that brought you into the park continues to curve and lead you out but part of you still remains. And just think - th[illegible] are another 223 acres seldom crossed by human critters. The foresight of the folks who set this area [illegible]side [illegible]e or six decades ago remains a lesson and per[illegible] a warning to us.

P.S. A mile or so away on Kentucky Street is a stable. The road from there to the park is apparently travelled by few, and the ravine trails are great by horseback. And **please, NO MOTORCYCLES.** Preserve our park and peace!


STRAIGHT CEDAR
HI I'M A TREE
I LIVE IN THIS FOREST WITH LOTS OF OTHER TREES
LOTS OF ANIMALS LIVE HERE TOO
ONCE PEOPLE LIVED HERE
BUT NOW WHEN PEOPLE COME I'M AFRAID
THEY HAVE FORGOTTEN TO HEED THE COUNCIL OF THE HEART. THEY NO LONGER THINK OF US AS LIVING BEINGS.
TO THEM I'M JUST WOOD
YOU SEE THEY---
OH, NO! HERE COMES ONE NOW!
Z
HEY! LISTEN! CAN'T YOU HEAR! IT'S ME YOUR TREE BROTHER!!
HMMM--- NICE TREE
Z
AAAAAAAAAA.........!
SIGH


BUCKY BUG SEZ..
AIN'T IT A SHAME..
POOR MOTHER EARTH..
NO ONE TAKES CARE OF HER IN HER OLD AGE.
©Dan O'Neill

Poetry Review: The Vagrom Angel

written down by Elsa Barker
($2.75 Shambala Bookstore in Berkeley)
songs of the Vagrom Angel
Hooper Printing and Lithograph Co.
San Francisco, California
copyright 1916 by Mitchell Kimberly
copyright 1968 by Sufism Reoriented
1290 Sutter Street
San Francisco, California 94109

Excerpt from Forward:

The Vagrom Angel came at 8 o'clock one March morning and stayed with me until 6 the following morning — 22 hours, during which the whole of this book was written down, save 3 songs which were given later in a similar way. Of course I did not waste any of those hours in sleep — the Vagrom Angel would not let me.

Each of these songs is a lyric unit, hung as by a thread from a different idea. No, I could hardly write 49 lyrics in one day, whether in free verse or any other form.

But that is no matter, and I only tell about the angel because it seems truer to do so. My statement adds no value to the songs; it merely explains them.

Elsa Barker, Christmas Day, 1915

I hunger for a seat at the tables of
earth, but I will not eat your
fare.
I love to create, but I leave my creations for others to enjoy.
I love to love, but know not jealousy.
If you find another fairer than I, I
shall weary of you and go love him,
So beware if you would hold me!

....

When the lovely mood comes and the
visions come
If you hold your breath I too may come
walking down a ray of light
that bends with the weight of
my charm.
I can walk the darkness also without
path or star to guide me;
But then I am not afraid of the dark.
It holds me as a lover holds his beloved;
There is no fear in love or in the darkness for me.
Once I met in the dark night a spirit of surpassing loveliness
And we went hand in hand toward the midnight hour
together.
When midnight struck on the clock-tower of the
constellations, we unclasped hands and parted.
How did I know the spirit was of surpassing loveliness
if we met in the darkness, you wonder?
Do you not know that the loveliest beauty is that which
can not be seen with the eyes that are made for
sunshine and the unlovely things that are revealed by the
sunshine?
If you should ever love anyone who seemed lovable in the
light, go with him into the darkness;
You may find something there that you have never known
before.

....

I loved a soul in the invisible;
But the soul had slept for a thousand
years and knew me not.
Ah, the joy of loving a sleeping thing!
All true lovers know that wonder.
Sleep is a great magician.
His spells are woven in the darkness between the worlds;
His philtres are made of herbs that grow by the great river
of forgetfulness which flows by the throne of the
All-knowing.
Could I weary of anything, I should weary of
knowledge!
So many souls have responded to my lightest call!
It rests me to hang in adoration above an unconscious
sleeper.
Some day that soul will awake;
But when I see the flickering of its eyelids, I shall run away
with my garment held high lest it impede the swiftness of my footsteps.
So shall I make that soul a poet.
It will vaguely know that somewhere it has been loved
by an angel,
And the dumb yearning to re-find that love will inspire
immortal songs.

I have never given my soul to the keeping
of an earthly body,
And so I sing at all times and
seasons.
If I choose one time in preference to another.
that is the privilege of
caprice.
All along the roads of the fourth dimension are messengers watching for me;
When my voice is heard they hasten to call their lords.
I have sung in courts and camps. at the bivouac of the
unborn, and in the hearts of men and angels.
Whatever room I choose as a concert-chamber is soon hung
with arras.
once i sang in a pine grove and
the trees all shed their needles
with regret that i went away.
When I come to sing in your chamber, leave a crack of
the window open,
That I may go and leave you when you want me most
to stay.

* * * * *

This book has passed the rounds of seemingly few angels. Perhaps Angel Paul at Bank Books can track one down for you.

poetry

Nothing is so beautiful as spring—
When weeds, in wheels, shoot long and lovely and lush;
Thrush's eggs look little low heavens, and thrush
Through the echoing timber does so rinse and wring
The ear, it strikes like lightnings to hear him sing;
The glassy peartree leaves and blooms, they brush
The descending blue; that blue is all in a rush
With richness; the racing lambs too have fair their fling. . .

Gerard Manley Hopkins

Long Live the Weeds
Hopkins

Long live the weeds that overwhelm
My narrow vegetable realm!
The bitter rock, the barren soil
That force the son of man to toil;
All things unholy, marred by curse,
The ugly of the universe.
The rough, the wicked, and the wild
That keep the spirit undefiled.
With these I match my little wit
And earn the right to stand or sit.
Hope, love, create, or drink and die:
These shape the creature that is I.

Theodore Roethke

Lesson

To push away the wind
And wait,
For the first of Spring.

It is barbarism

To pick a flower
For nothing,
But a metaphor.

She gave me a petal
To remember,
Her by.

David Richardson

Chanson Innocent

in Just—
spring   when the world is mud-
luscious the little
lame baloonman

whistles   far   and wee
and eddieandbill come
running from marbles and
piracies and it's
spring

when the world is puddle-wonderful

the queer
old baloonman whistles
far   and   wee

and bettyandisbel come dancing
from hop-scotch and jump-rope and

it's spring
spring
and
    the
        goat-footed

baloonman   whistles
far
and
wee

e e cummings

Spring

Surrounded by
Anything growing
I stop and think.

The crane stands
On one leg among
Lilies. The bees go

Bumbling in and out
Of the flowers.
Wine slows me down.

I poke and prod
At the roots of things
And remember

Too late how fond
The painters were
Of stairs that lead nowhere.

K.O. Hanson

resist to exist

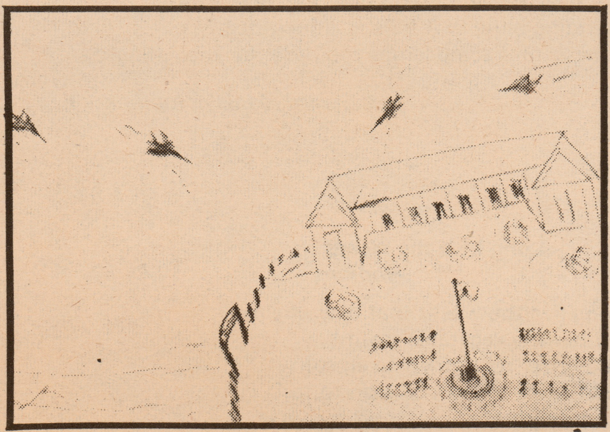
red star news collective

AIR WAR

A giant apparatus of mechanized war - consisting of aircraft, huge airbases and aircraft carriers - has become the centerpiece of American intervention in Indochina. When John Kennedy and Lyndon Johnson chose to escalate, they increased US ground troops; when Richard Nixon escalates, as on the 11th of February 1972, he dispatches more B-52s and aircraft carriers.

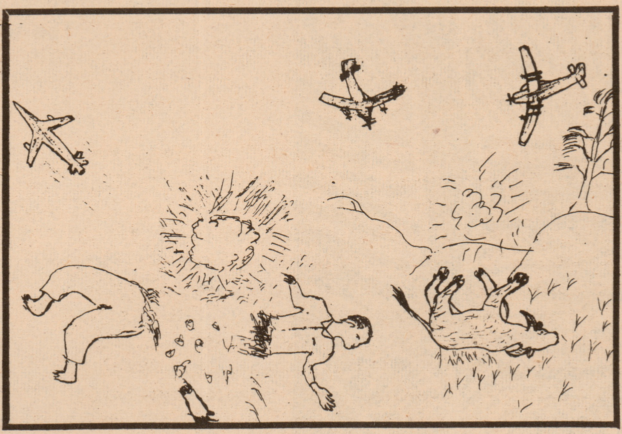
The goal of this mechanized war is to replace US personnel with machines, so as to reduce dollar costs; reduce domestic dissent occasioned by American deaths; increase combat efficiency by removing American foot soldiers who will not fight; and remove the war from the political arena by making it secret and unsusceptible to congressional or public pressures.

These drawings and essays are by Laotian peasants from an original collection, Voices from the Plain of Jars, *edited by Fred Branfman (Harper and Row, 1972). They have been reproduced in AIR WAR, a valuable handbook of resource material and graphics available from the Indochinese Resource Center, 1322 18th Street, N.W., Washington, D.C. 20036, for $1.50.*



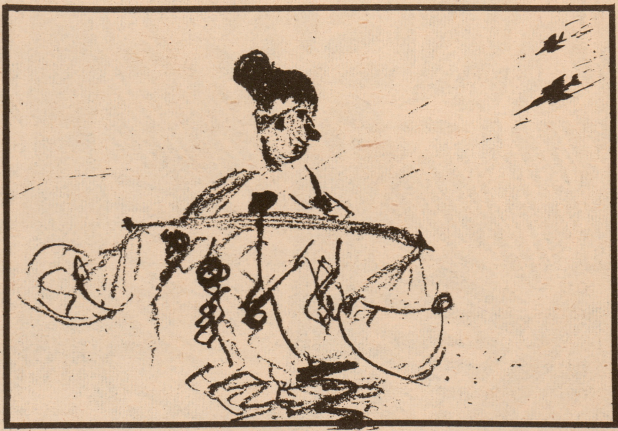
I myself studied in this school many years ago. But then it came to the year 1967, and the school was struck by the airplanes until it was level. Nothing was left. Many planes had shot around it. It made us lack for a school in which to learn our lessons.

Author: Lao man, age 23



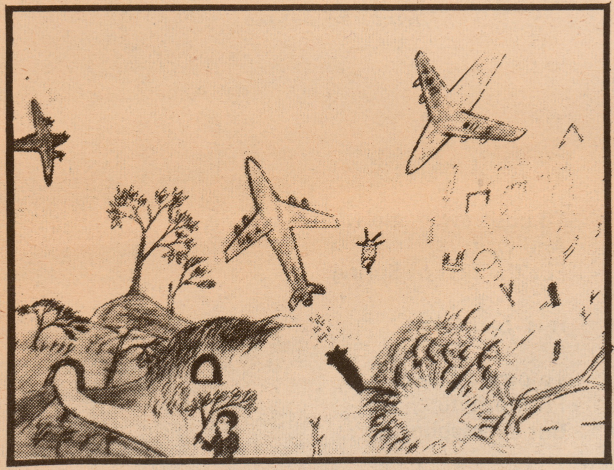
In my village there was one man who was 22 years old. He went to graze his buffalo in the forest. The airplanes dropped bombs and killed the buffalo. He ran away from that place, but not in time. He was hit in the waist - cut right in two. For two days you could see him like that.

Author: Lao man, age 22



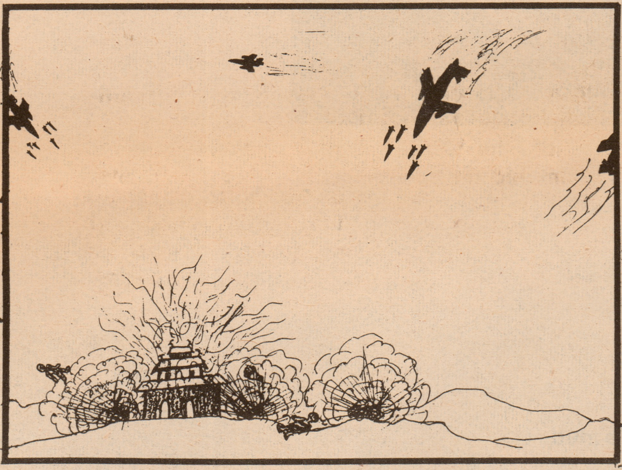
My village was hit often by bombs from airplanes and anti-personnel bombs. My house was hit and I lost everything. I knew the war and was very afraid. But I could not flee.

Author: Lao school teacher, age 22



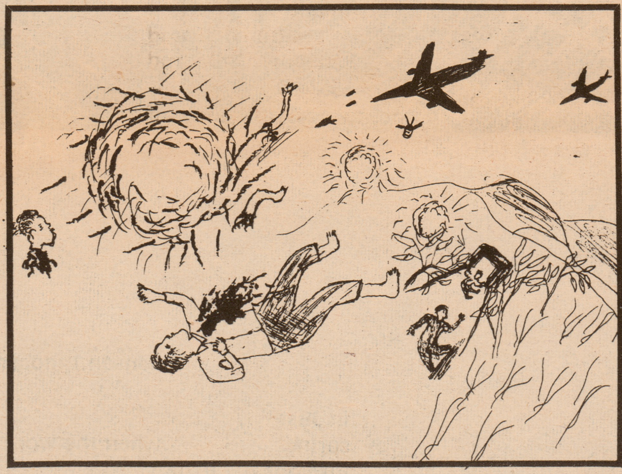
One friend of mine went to the village to get rice for his mother and father to eat... He crossed the field to the hill and the airplanes saw him and shot and killed him so that you couldn't even find his body. It was scattered all over the field.

Author: Lao child, age 12



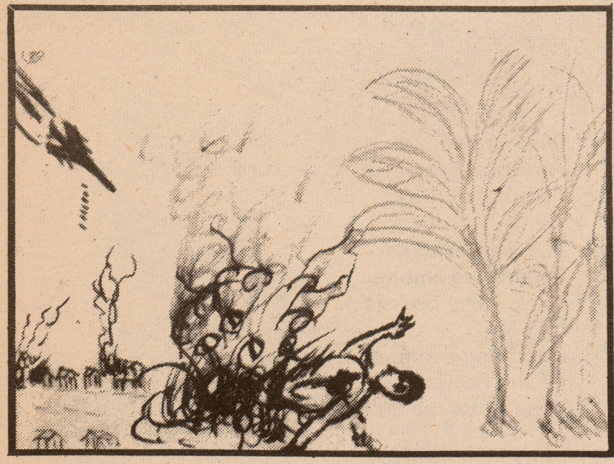
There was a wat on the hill right next to my village. The airplanes shot it and started a fire. Two monks were killed there together. On account of the war. The planes thought that there were soldiers in the wat, so they shot it. But there weren't any. Only the monks died.

Author: Lao man, age 29



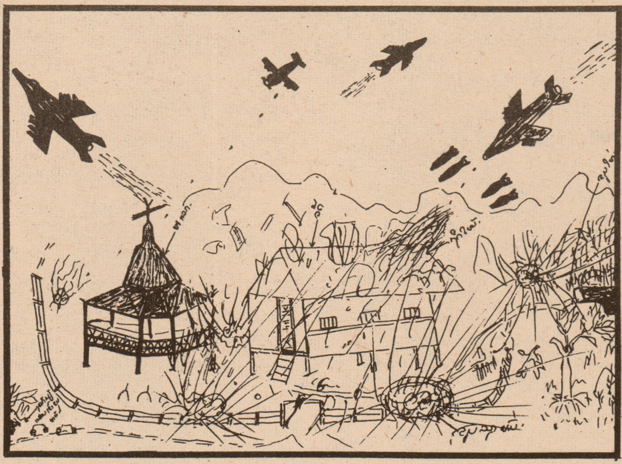
This was another occasion of lakes of blood from the war planes' coming. These people were going together into the cave, but at that moment a bomb came without any knowledge of its having been dropped... Anyone who knows these things is filled with pity or empathy by the hundreds.

Author: Lao artist, age 20



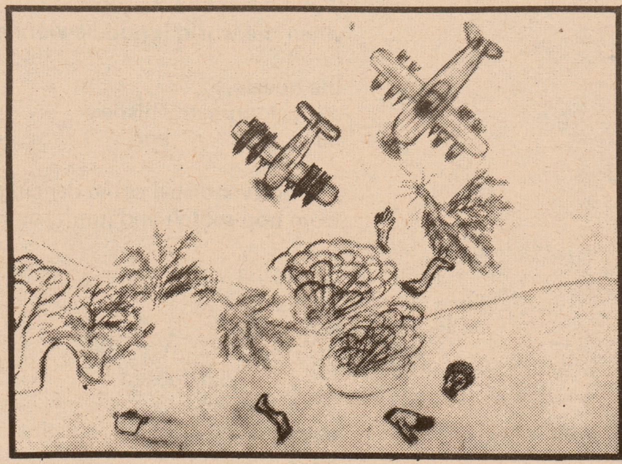
The person in this picture was hit by napalm and burned... If someone is hit by napalm, you can't go to help him. If someone went to help, he also would catch on fire. I thought about this when I was in the hills: in our lives now we didn't know which day we would be troubled or which day we would die. Every day we just stayed in the holes in the forest without seeing the sunlight.

Author: Lao child, age 12



Three jets came, dropping bombs... We went to count the bombs and the holes of the bombs that had fallen on the wat and found that there were 28. And many bullets which had also hit. The wat was lost completely... After that, we didn't know if we should build another wat. If we built again, we were afraid it would be bombed again.

Author: Lao man, age 69



But truly at that time there were many dangers. Like when the planes dropped bombs and napalm burned the village and people died. Some people ran into the holes and were hit. No one had the courage to help the people who were hit by napalm. They just screamed until the end, and died. I am overcome with pity and my tears fall. I do not lose the thoughts of those people who lost their lives. That is when we had to flee our villages.

Author: unknown

Conglomerate Conceals Conniving Capitalism

By Martin Gellen Pacific News Service/(LNS)

WASHINGTON (LNS) - The present scandal over deals made between the International Telephone and Telegraph Corporation (ITT) and high officials of the Nixon administration offers a glimpse into the way that government and big business intermesh on an everyday basis. The private meetings conducted by ITT officials with deputy Attorney General Richard Kleindienst and Attorney General John Mitchell, are, by Kleindienst's own confession, "not unusual at all." Kleindienst, awaiting confirmation as head of the Department of Justice, claims "it's a very common occurance" for members of Congress to telephone or write the Department on behalf of corporate constituents, adding "We have a responsibility to permit that kind of thing to occur."

Large corporations like ITT (whose annual revenue is almost as big as the Gross National Product of Greece) depend on the federal government for a wide variety of "services" in order to keep their profits growing. Ranked among the top 25 defense contractors in the country, ITT has pulled in an average of $240,000,000 a year in military contracts over the past four years. Its subsidiary, Levitt and Sons, has received multi-million dollar research and development contracts from the Department of Housing and Urban Development which are aiding the company in creating a commercial market for its mass-produced homes.

ITT controls foreign investments of more than $2.2 billion through more than 200 subsidiaries in Europe, Latin America, the Middle East and Asia, and as a result, depends on the U.S. government for military and financial aid. The U.S. Agency for International Development currently insures up to 70% of ITT's investments in telephone companies throughout Latin America, Iran and Southeast Asia (mainly in Thailand). In the past, ITT has filed claims against the Federal government for the loss of telephone companies seized by nationalist and socialist regimes in Peru, Cuba, Ecuador, Chile and even in the People's Republic of China.

One of the biggest corporate constituents of American government, ITT is also one of the largest of the new giant "comglomerates". Comglomerates are corporations engaged in business activities covering many distinct markets, unrelated to one another and ITT thus now extends far beyond tele-communications into paper processing, rental and lease service, automotive parts, life insurance, food service, housing... the list includes diverse activities in 67 countries on six continents.

Most large corporations in the U.S. are conglomerates in some degree, but "pure" conglomerates like ITT have risen to the stature of super-corporations on the crest of a $30 billion wave of mergers which made the 1960's the greatest of all periods of business consolidation in American history. Between 1960 and 1970, for example, ITT increased its assets through mergers from $811.4 million to almost $6.5 billion. This phenomenal growth gave ITT the distinction of acquiring far more capital assets than any other conglomerate corporation during that period. In addition, its profits rose from $30 million in 1960 to over $350 million in 1970, making it the eighth largest corporation in the United States.

Like other conglomerates, ITT achieved this fantastic rate of growth not through investment in new productive plant equipment and facilities, but through buying up leading companies of different industries. The most lucrative of these ITT acquisitions were: Federal Electric and Gillifan, Co. (large defense contractors in California), Continental Baking Company (the leading producer of bakery goods in the U.S., makers of Wonder Bread Hostess Twinkies, etc.), Levitt and Sons (the largest home builder in the nation), Avis (the second largest rent-a-car service in the U.S.), Hartford Fire and Casualty Insurance Company (one of the country's leading insurance companies), and the Sheraton Corporation of America (the largest owner and operator of guest rooms in the U.S. and Canada).

ITT also owns and operates the Airport Parking Company of America, "one of the world's largest parking companies", with more than 200 facilities at major airports and downtown locations, including hotels and hospitals. And of course, ITT is one of the world's largest manufacturers of tele-communications equipment - most of it made now in Europe - and owns telephone companies and wire services around the world. Along with AT & T, ITT holds a big chunk of stock in INTELSAT, the international communications satellite system.

Nixon's election in 1968 generated a dramatic increase in mergers, pushing the annual rate upto its all-time peak in early 1969. American business apparently believed that the new Administration would be more friendly towards business. The Democrats hadn't been so unfriendly either. From 1960-1972 there were over 12,000 mergers but in no year were there as many as 100 suits filed by the Anti-trust Division.

Since buying up companies is vital to maintianing the annual 10 percent growth rate in profits which distinguishes ITT, its executives have tried to pull every string available in order to get their biggest of all acquisitions, Hartford Fire, approved in Washington.

It was Felix G. Rohatyn, an ITT Director and investment banker, who arranged the meeting of ITT officials with Kleindienst and McLaren of the Department of Justice's Anti-trust Division. Rohatyn explained that Harold Geneen, President and Board Chairman of ITT, believed that the Anti-trust people in the Justice Department were "out to destroy the company, the economy, and the nation" and that, therefore, the ITT chief would have to contact "every government official he could talk to."

What resulted was a more than favorable settlement for ITT from the Justice Department . ITT was allowed to keep Hartford Insurance only if it divested iself within two years of the Canteen Company (a national operator of vending machines), and the Fire Protection Division of the Grinell Corporation (a major manufacturere of water sprinkling systems). In addition, ITT must also sell off four of its other holdings within the next three years: Avis, Levitt & Sons, Hamilton Life Insurance, and ITT Life Insurance.

According to a group of Wall Street analysts, "We are convinced that ITT will be able to accomplish its growth objective (10-12 percent annually) with Hartford Fire, which already has profits three times that of all the areas being divested combined. Currently, Hartford Fire provides ITT with $88 million profits a year, 25% of ITT's total profits.) As for limitations on future acquisitions, it should be noted that ITT has really not made any major acquisitions for the past couple of years and ...acquisitions can still be made abroad."

Is small-town America really disappearing? Not if $400,000 can help it.

The people of this country still know how to respect and be gracious and grateful to their fellow men. And there's nothing like a good friend. Recently we presented a small contribution to one of this country's grand political parties and got a personal "thank-yew" from the President himself. He made it easier for us to continue our world-wide expansion, serving people and nations everywhere. Wherever the four strong winds blow ya, when you're in trouble help is on the way. "You do me a favor and I'll do you one too"—most of us still live that philosophy, and it makes for a good land.

Community involvement

We're helping to make possible a finer and more peaceful life for us all by sharing our knowledge and wealth. For every small striving town in America there are ten more around the world. Like Ovamboland in South-west Africa, Montevideo in Uruguay, and Colombo in Ceylon. Our work there and in many other scattered places across the globe is bringing you and your family closer to the day when all the world's resources can truly be shared.

But we don't stop there

We know money and science aren't the only tools you need to build a better world. In fact we think one good person is worth more than $400,000 of anybody's money, even our own. We find good people to work with us. One employee of the company recently left our main New York office for Colorado. She was hardly there two days before everyone knew her, wanted to see her and talk with her. It's because she got involved.

Small town friends

We're boy scouts, we're girl scouts, some of us are instructors in our local churches and temples. You'll find our name on the back of Little League t-shirts. And we're volunteer firemen, too.

Give us a call

Because our business isn't strictly business—because we're involved in YOU—we would like to be one of the best friends you ever had. Stop by, and chat with us at our pleasant offices.

International Telephone and Telegraph Corporation, 320 Park Avenue, New York, New York 10022.

ITT

SERVING PEOPLE AND NATIONS EVERYWHERE

CO-OPERATION IS THE STRENGTH OF THE NATION

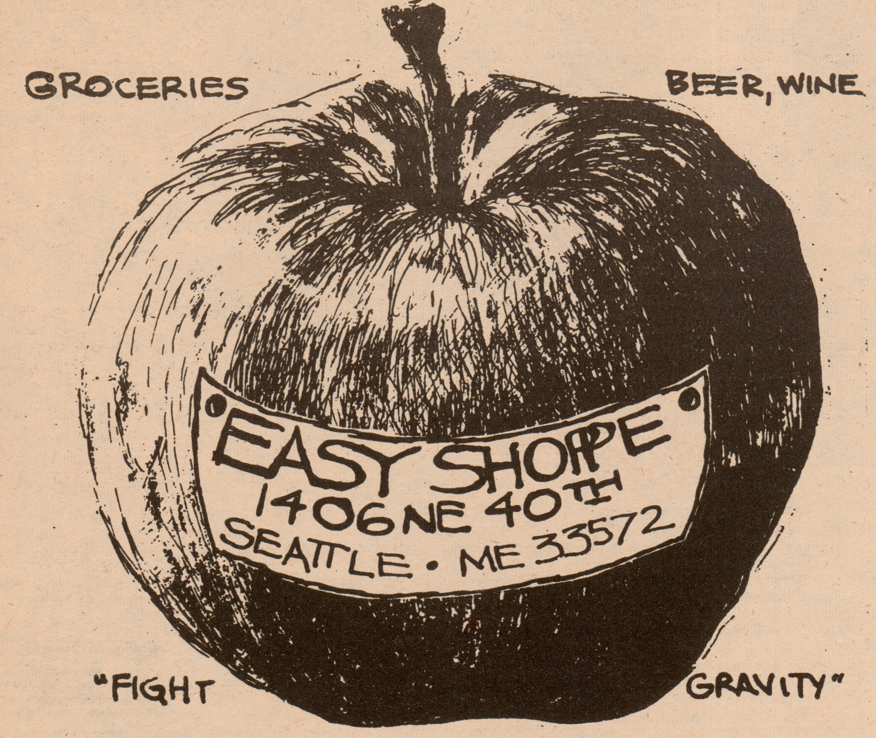
Grow Up for the Co-op

by sven hoyt

Community gardens are beginning this year in Bellingham. The concept that we are using is to blend garden areas right into the city so that all can begin to relate to the significance of total seasonal changes. Already in Ann Arbor, Michigan Food Co-op gardens have been successful. We are planning to develop many areas in south Bellingham, by using Joe's gardens as a link into the wild and natural plant communities that still exist in the south Bellingham area. The basic plan related to the garden development is that small and community plots of land along with many unchanged areas need to exist throughout the entire town, internal combustion transportation needs to be lessened as soon as possible. People will then be able to develop communities like the one that is developing in Ann Arbor; the slow, gradual blending of life into a total organic environment, that allows peace and understanding to replace noise and confusion. A synthesis of Indian and Chinese cultural values with the positiveness of western culture, ecological change, poetry techniques.

The evolution of the garden must include the entire city into cooperative efforts. At present the Food Co-op is working on a very limited funding and manpower, but more people are becoming involved and the changes are gathering - ebb lines - the yaqui way of knowledge. We are gathering mulching material this week and more manure. We will start plowing in another week, April 4-12. We are in need of a tractor and rotavator and plenty of people to help planting which starts between the 4th and 10th. At present we have over 10,000 starter plants, and we plan to buy a number of seeds this week to plant in the coming month. Anyone with a good source of chicken or cow manure should bring some into the Co-op.

We also need grass and hay for mulching. Come down to the Co-op, bring planting tools and everyone can become involved. We need several innovators that can concentrate on managing various aspects of the gardens. This is a good chance toward positive political change, Tom Hayden, Renie Davis, Rodale float in the early spring days of this land. Charles Reich's "Greening of America" - Counter Culture Roszak threads. We'll gather a feeling for the soil floating through time on Spaceship Earth.



The Saga of the Purple Percheron

I was patting a purple part-Percheron over in Hippy Valley the other day, trying to think of something clever to say about the new Co-op automobile garage that is now open for your care-free motoring pleasure. It is located at the intersection of Racine St. and Whatcom Creek. The garage, that is — not the Percheron. And he (the Percheron) said to me, "Say, do you recall that businessabout the people of Israel and their swift steeds recorded in the thirtieth chapter of Isaiah?"

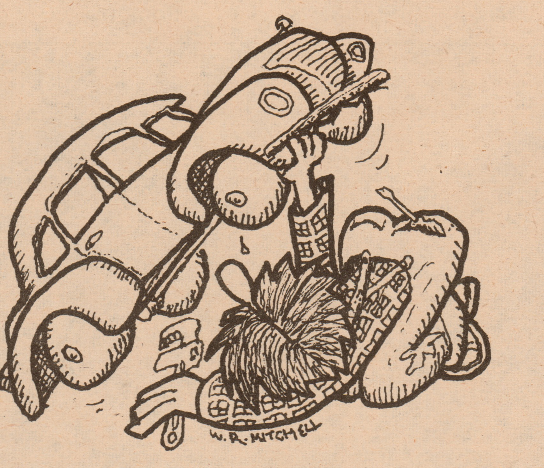
"Yes," I replied, "Isaiah was explaining to the people the actual nature of their situation. He was a pretty hep old dude."

As you will recall, it goes something like this:

> **Thus said the Lord God, the Holy One of Israel:**
>
> **"In Quietness and in trust shall be your strength; In returning and rest you shall be saved."**
>
> **And you would not, but you said, "No! We will speed upon horses," therefore you shall speed away; and**
>
> **"We shall ride upon swift steeds," therefore your pursuers shall be swift. A thousand shall flee at the threat of one and at the threat of five you shall flee, till you are left on the top of a mountain, like a signal on a hill."**

Well, maybe it was just another hallucination.

ALLFORD



How we work:

You don't join, your car does. $5 membership, $5 share each 6 months. If you sell your car, you can transfer your membership. Work on your car will cost $5 hour. $2 goes to the co-op for expenses and tools, $3 to the mechanic. Parts cost 15% above wholesale unless you go pick them up, then you get them at cost. Everyone (ms. included) is encouraged to help repair their cars. Soon there will be classes in minor repairs or whatever anyone wants to learn. We hope in the future to expand our tool supply so that there will be enough for people to do their own work for a nominal cost for use of tools and space. If you have any extra tools you'd like to lend or donate they will be gladly received. If you have any questions ask Walt, the manager, or board members, Don Alford and Dorothy Bird. The major purposes of the garage co-op are rip-off-free repairs and education. "Self-help is the road to freedom." - Ghandhi

Blackfeet Poverty Past & Present

by lynn a. robbins

It is certainly no secret that the Blackfeet Indians of northern Montana were systematically cheated of their aboriginal homeland resources from 1855 to the closing years of the nineteenth century. The end of the century saw the once mighty Blackfeet, a tribe of unexcelled fighting and hunting skills on the High Plains, confined to a strip of land bordering the Rocky Mountains along the eastern edge of what is now Glacier National Park. The military and economic expansion of the United States brought total ruin to the Blackfeet, particularly when the last of the buffalo disappeared and nearly one-third of the tribe starved in the tragic winter of 1884-85.

The Blackfeet have very certainly changed since the establishment of their reservation. Most of their once important rituals, such as the Sun Dance, are no longer performed. Some aboriginal songs, games and a few lesser rituals are retained, but the people are largely Anglicized in language, economy, and general life style. Most of the Blackfeet are part of an American underclass characterized by general poverty, insufficient housing, comparatively/poor health, and poor education.

Frequently, Bureau of Indian Affairs officials, local, state and federal politicians trumpet the tedious annual pronouncement that Indian progress takes time. After all, people don't change overnight! It is argued that the Blackfeet are gradually achieving adequate housing, sufficient education to compete in the larger empire, and sufficient income to enjoy a middle or lower middle class life style. But is this in fact occurring? My studies of Blackfeet families in the southern portion of the reservation strongly suggests no substantial material improvement in the lives of at least half the people in the past 50 years, from 1921 to 1970. I am able to make this claim because I have compared the detailed information contained in a survey of 167 Blackfeet families made in 1921 with my own survey conducted between 1967 and 1970 of about 100 families. Both surveys were conducted in the Heart Butte District which lies just south of Browning, the central town on the reservation.

The 1921 survey was made by the Bureau of Indian Affairs to inventory all families for their farming potential. The then superintendent initiated a "Five-Year Plan" to mold each family head into the likeness of an industrious, self-sufficient white farmer earning his way for himself and his family. *No one* specifically asked the Blackfeet if they desired the program; they were forced into compliance. Comply they did, however, and with surprising enthusiasm. Immediately prior to the farm program, families subsisted largely on government annuities provided through treaty agreements. Families averaged only $150 in cash income per year, but within a relatively short period of time after the introduction of the farm program, families were cultivating an average of about twenty acres of wheat, barley, and oats. Some raised cattle or sheep and most of the people had vegetable gardens.

The survey records from 1921 show that about ten percent of all families formed two- or three-family household farming cooperatives. A strong relationship existed between meager acreage and the joining of families under one roof to assist each other. The more prosperous families (white men or half-bloods married to landed Blackfeet women) farmed or ranched alone without participating in cooperatives. In short, the poorer the family, the more likely it was to combine labor and land with other poor families.

The majority of Indian farmers, half-blood, full-bloods, etc., did not produce surplus crops. Most of the harvest was consumed by the producing households, and hence, little cash income was realized. Eventually the farming program failed. Several factors caused this failure (poor soil, early frosts and lack of water), but the major variable was the over-all trend in agriculture. As early as the 1920's the total number of farms was rapidly declining while the average size of farms increased. By 1920, farms in the Rocky Mountain States averaged 451 acres, compared with only about twenty among the Blackfeet in the Heart Butte District in 1921. Clearly, the cards were stacked against the Blackfeet at the outset of the program. Furthermore, over-all Indian capitalization of farms was scant at best (little equipment, etc.). Yet there was a brief period of two to three years (1921-23) when many families produced enough to support themselves.

Now for present conditions in the same region of the reservation: my own survey of about 100 households indicates that the people are still very poor, but poor in a different way. Only a few families farm, garden, or ranch. Increasingly, land is falling into the hands of a few off - reservation whites or a few Blackfeet ranchers. Half of the family heads are unemployed. Fifty percent of cash income is derived from earnings, seasonal or permanent, 30 percent from various types of welfare, and twenty percent from privately owned land which is leased through the Bureau of Indian Affairs to other Indians or to whites. Income is $637 per capita, compared with about $2,700 for Montana and about $3,500 for the nation. There is more than one person per room in the Blackfeet houses, while in Montana the average is only slightly above one-half person. Blackfeet households are crowded; a median of 5.8 persons per household *now* compares with but 4.2 in 1921, an average per household population increase of *40 percent.* Although more children survive infancy now than in the past, which partially accounts for greater household population, there is the additional factor of an increase in multiple - family households.

A full twenty percent of the current Blackfeet households in my survey consist of more than one family, an increase of ten percent in households of this type in the past 50 years. Furthermore, more than half of all families engage in intense mutual economic assistance whether they live in the same house or not. Assistance usually follows kin ties. Families grouped in multiple - family households are poor, as are those who assist each other beyond the boundaries of their households. Mutual need creates mutual assistance. Using the need for mutual cooperation as an indicator of relative poverty, I find that fewer families in 1921 were forced to assist one another than at present. This certainly presents a serious challenge to those who assert that conditions have improved for the Blackfeet. It is true that Blackfeet children are getting some schooling, although the average grade attainment in Heart Butte is about 8.7, while in Montana the average is 11.7. The Blackfeet are getting some federally sponsored medical care (which is immediately deducted from land claim settlements), and have more cash than in the past. However, these presumed amenities are mixed blessings.

There is the important consideration of the quality of these amenities and of their relative value. Everything considered (national wealth, per capita income, inflation, etc.), the economic gap between the Blackfeet and the United States upper and middle classes has increased *enormously* since 1921. Welfare capitalism, loss of direct access to reservation resources and jobs, and ultimate federal power over Indian affairs have effectively kept the Blackfeet from gaining full control fo their own destiny. These conditions are likely to remain unless the entire political - economic character of our civilization is fundamentally altered.

Western Washington State College Art Film Series Presents:

BLACK GOD, WHITE DEVIL

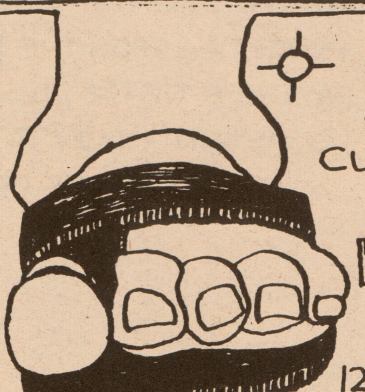
FRITZ LANG— *Black God, White Devil is one of the strongest expressions of cinemagraphic art that I have seen, a true masterpiece from this young cineaste Glauber Rocha.*

Friday, April 7, Lecture Hall 4
7:00 and 9:15 p.m.

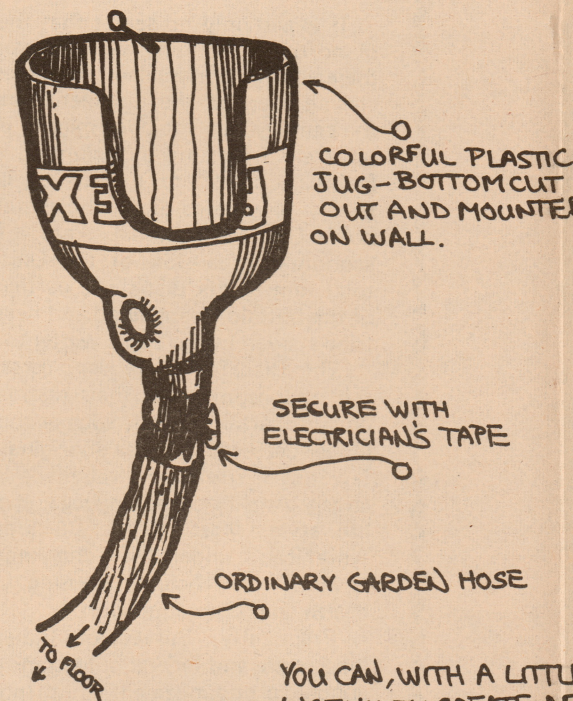
BATTLE OF ALGIERS (Gillo Ponetcorvo)
This highly influential film, depicting the Algerian rebellion against the French between 1954-57, won 11 international awards. It is a very dynamic film.

Friday, April 14, Lecture Hall 4
7:00 and 9:15 p.m.

Students $.75; General $1.25


SOLE SEASON
$16.00 & UP FOR CUSTOM MADE & FIT SANDALS
1-3 YEAR GUARANTEE
HYDE LEATHER CO
CUSTOM LEATHER WEAR
1226 NO. STATE ST-UPSTAIRS FROM PUGET SOUND RECORDS
"FINE" GARMENTS: PANTS, COATS, VESTS
PLUS A FEW MISC. ITEMS: DRESS, PURSE...
* ONLY AREA OUTLET FOR WALTER DYER MOCASSINS

OUT OF THE MOLASSES JUG



YOU CAN, WITH A LITTL
INGENUITY CREATE A F
SON ENSEMBLE - JUST
MOUNT THE JUGS AT T
APPROPRIATE HEIGHTS

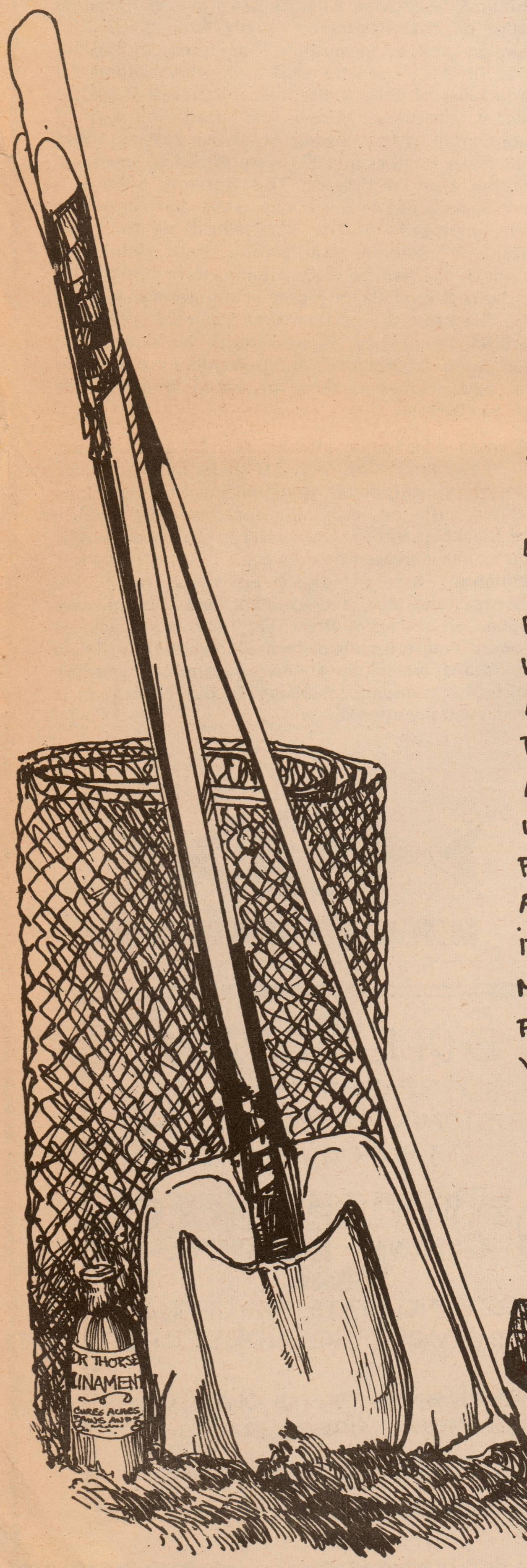
SPRING SHAPE-UP... SANITATION DEPT.

IF YOU GOT AN OUTHOUSE, YOU'RE PROBABLY IN TUNE WITH ALL ITS DRAWBACKS. BUT THERES WAYS TO OVERCOME MOST ALL OF THEM WITH A LITTLE TIME, & VERY LITTLE BREAD.

FIRST OF ALL, UNLESS YOU'RE REALLY INTO CAVERNOUS RETREATS, WORK ON GETTIN' SOME LIGHT & AIR INTO THE PLACE. SLAP SOME PAINT ON THE INSIDE, INSTALL A WINDOW TO LOOK OUT OF... TACK UP SOME BRIGHT PICTURES APPROPRIATE TO THE SITUATION. RIG UP A SCONCE AND KEEP A CANDLE IN IT WITH SOME SAFETY OR WOODEN MATCHES NEARBY (THEY MAY NEED PROTECTION FROM THE DAMP). IF YOU'RE A SITTER, ITS NICE TO HAVE SOMETHIN' HANDY TO READ - KEEP SOME BACK ISSUES OF THE PASSAGE TO GIVE YOUR SHITTER SOME REAL CLASS.

THERE'S LESS OF A JOLT ON FREEZING MORNINGS IF YOU DON'T HAVE TO SIT DIRECTLY ON A COLD SEAT. FIND SOME FELT OR TERRY CLOTH OR THICK FLANNEL AND MAKE A COVER FOR IT. THERE'S A SURPRISING DIFFERENCE.

ALSO - IF YOU'RE BOTHERED BY SPLATTERS FROM "MISS-TAKES," MAKE A URINAL FOR THE GENTS. JUST CUT AWAY THE BOTTOM FROM A PLASTIC JUG - (AVAILABLE BY THE MILLION IN ANY DUMP) INVERT IT, TAPE A LENGTH OF GARDEN HOSE SECURELY TO THE MOUTH WITH BLACK TAPE. DRILL A HOLE IN THE FLOOR NEAR THE WALL, SINK THE HOSE THROUGH THE HOLE, MOUNT THE JUG ON THE WALL AND VOILA! NO MORE SPLATTERS.



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ATHER-
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HERE'S SOMETHIN' YOU CAN DO WITH FRESH OR DEHYDRATED CANNABIS.

POT SOUP

3 CUPS STOCK BROTH
3 TBSP. CHOPPED GRASS
3 TBSP. CHOPPED WATERCRESS, OR PEPPERGRASS
3 TBSP. LEMON JUICE
COMBINE & HEAT ~ PLACE IN REFRIGERATOR 2 TO 3 HOURS... REHEAT, SERVE.

ACAPULCO GREEN

3 RIPE AVACADOS
3 TBSP WINE VINEGAR
1/2 CUP CHOPPED SWEET SPANISH ONION
1/2 CUP CHOPPED GRASS
2 TSP. CHILI POWDER
MIX VINEGAR, GRASS, CHILI POWDER; LET STAND 1 HOUR. ADD AVACADOS, ONION, MASH & MIX WELL. USE AS A DIP OR AS A SPREAD—

CHEAPOS?

GOOD BUYS THIS MONTH: RAWHIDE HOUSE SHOES, PLASTIC FONDUE FORKS, MULCH (INSIST ON A COVERED BAG), TATTING NEEDLES, "LUCKY STAR" BIRDSEED (SAVE COUPON), LEFTHANDED APPLE PANDOWDY SPOONS, CELLAR DOOR HANDLES (INSIST ON A BRIGHT COLOR), OLD CHICKENS, BINDER TWINE (BUY BY THE CASE), DIP-STICKS, OILCLOTH HIP HUGGERS, BACK SCRATCHERS IN TWO SIZES; ONE FOR TALL, ONE FOR SHORT PEOPLE (CAN ALSO DOUBLE AS SALAD FORK), HOCKEY PUCKS, CAT SHOES (BUY AT LEAST FOUR), CONTOUR MAPS OF TERRE HAUTE INDIANA, STRETCH CRASH HELMETS, AND BOOZE.

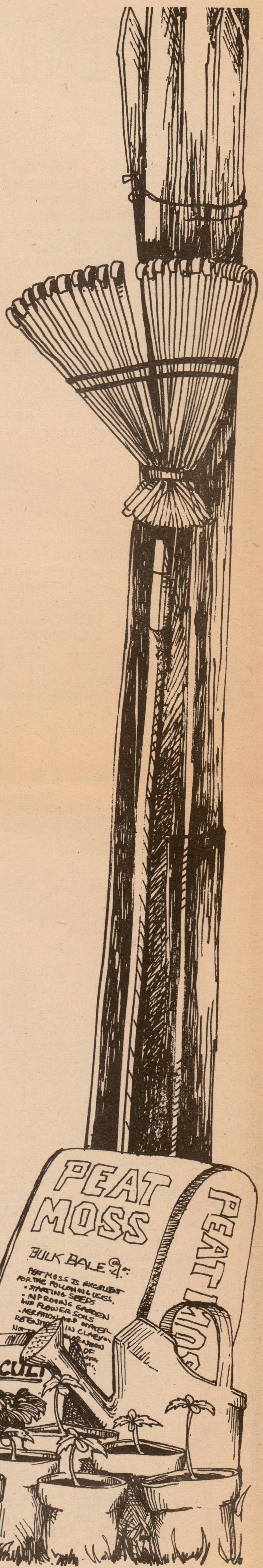
BEWARE THE KILLER WEED

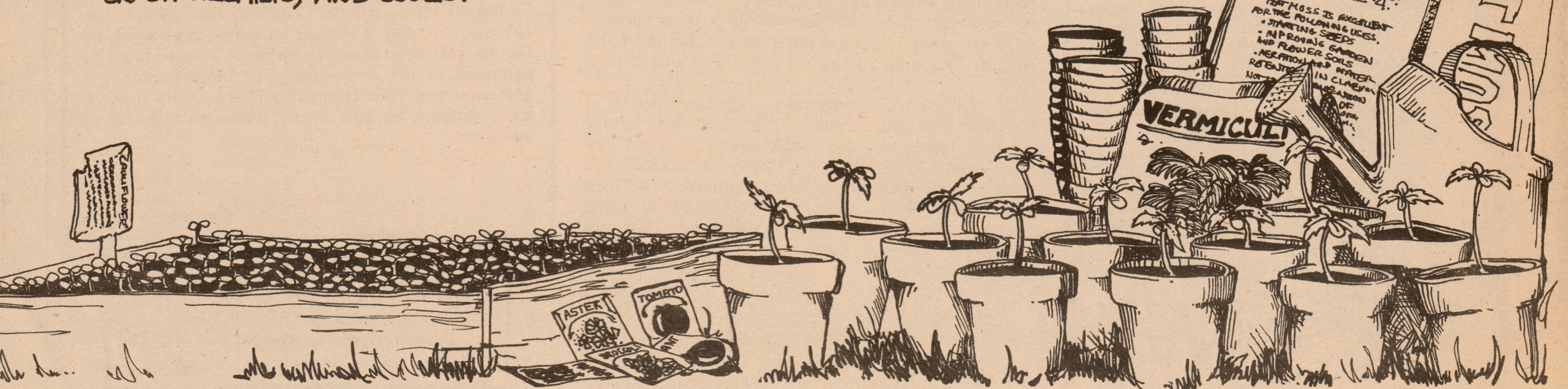
TOBACCO SMOKE IS A BAD SCENE FOR NEWBORN INDOOR CANNABIS PLANTS. IT CAN KILL AND/OR STUNT THEM. SO BE KIND TO THEIR AIR SUPPLY... GO OUTSIDE OR INTO ANOTHER ROOM TO SMOKE. OR FILTER THEIR AIR SOMEHOW.

COURTESY... THE CULTIVATOR'S HANDBOOK OF MARIJUANA

COMPANIONS

IF YOU'RE PLANNING YOUR GARDEN, KEEP IN MIND THAT THE HEMP PLANT IS SAID TO REPEL THE CABBAGE BUTTERFLY... TRY IT AROUND YOUR BRASSICA PATCH.





ECO-

Evidence continues to mount that all is not well with the forests in the Northwest, and the industry has been concealing poor practices on its so-called "tree farms." The Oregon press recently carried a story on the abandonment of the 35,000 acre Molalla Tree Farm owned by Weyerhauser near Portland. Weyerhauser officials explained that timber in the 35,000 acres has been virtually exhausted. According to the company, the tract was liquidated in 24 years of heavy logging, rather than being managed for sustained yield, because of "poor economics." That's fine for the company, but what about the 84 people now out of work because of it? And what happened to all those slick ads about wonderful forestry and "sustained yield" in tree farms? Once again this is supposed to be the "model forestry company" "in business to stay," but we are seeing again and again what a mockery these phrases really are.

Brock Evans
Northwest Representative of the Sierra Club

MILITARY CONTROL of the weather may already be occurring in some situations, according to a report in Daniel Greenberg's **Science and Government Report** (January 12). Greenberg notes that although security restrictions are tight, there are indications from meteorologists and geophysicists that the U.S. Department of Defense's interest in weather modification runs the gamut from rainmaking to tidal waves, earthquakes, and disruptive temperature alterations.

Abnormally heavy rains along the Ho Chi Minh Trail and massive flooding in North Vietnam last year have been attributed to the Defense Department's cloud-seeding efforts. As a result, Senator Pell of Thode Island proposed to the Senate in December that the U.S. seek an international treaty barring military weather modification, or what is euphemistically referred to as "geophysical warfare."

Environment

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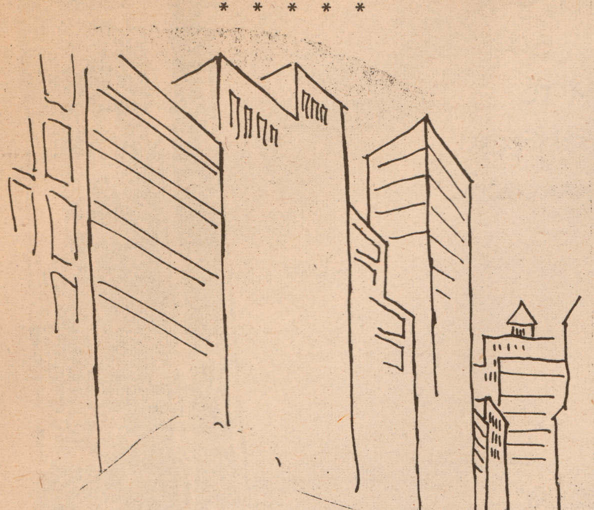
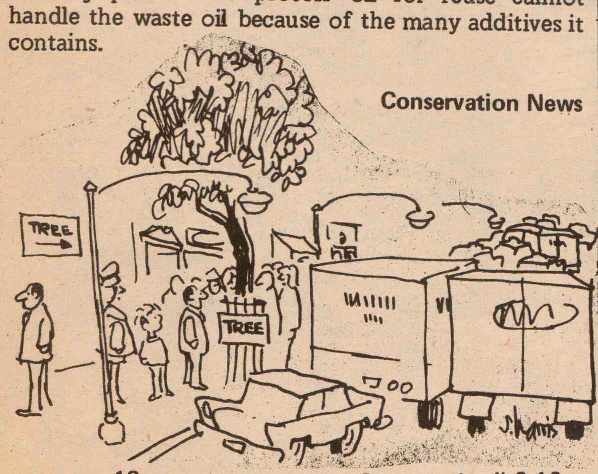


According to a recent report published by the Audubon Society, **oil spills from ocean tankers contributed only two percent** of the 5 billion tons of oil and petroleum products spilled into the waters of the world last year. Most of the oil damage starts inland, with motor and industrial oils accounting for 68 percent of the total oil put into waters. Storm sewers and rivers are carrying more oil today because refining plants that process oil for reuse cannot handle the waste oil because of the many additives it contains.

Conservation News



The Conspiring Silence

(or: how they keep you from knowing about Intalco)

by roxanne park

When we went to press, Judge Bert Kale had not made a decision on the Barci's application for a new trial. Barci's attorneys filed a few days after the jury decided to award them $83,000 for Intalco's fluoride emissions' damage to their cattle, property, and mental health. This decision regarding a new trial will come before the second week in April.

Contrary to our reportage in the last issue, the other farmers with pending suits are **not** considering settling with Intalco. Their cases will most likely be delayed until the completion of the Barci case. David Anderson, a dairy farmer, is scheduled to have his case heard in September.

A few days after the jury decision there was a rumor around that Intalco had filed claims against the Barci's. In tracing down this rumor, we found KGMI radio to be the source. KGMI announced several times that Intalco had filed a memorandum requesting a court order to prevent Barci from seeking information regarding Intalco from its employees.

It turned out that this memorandum was filed over a year ago. KGMI picked up this "sensational news" without any attention towards the date of the memorandum. Their coverage of this false news was even more extensive than that of the trial's. They only covered the first and last two days of the three-week trial. Apparently KGMI is so concerned about maintaining the credibility of Intalco being a "good neighbor" and "good industry" they carefully select their news about the industry. Certainly, this memorandum coverage is an obvious indication of their bias. Unfortunately, they are not lonely in their position. None of the other media in town made an outstanding effort to do anything but cover the trial superficially. The *Bellingham Herald* slanted their news slightly enough so that at the trial's conclusion their readers would be surprized to hear the Barci's had even received $83,000.

I wrote a letter to the editor of the *Herald* in regard to Intalco (see box). His reply indicated that the other litigation against Intalco "makes it inappropriate" to comment on Intalco in the newspaper. They are concerned for the potential juror's prejudice from such letters. One wonders how much this public will suffer for the saintly case of an unprejudiced jury! In the *Herald's* view, what information about Intalco would be anything other than potentially preducial material? Apparently it is acceptable for KGMI to have ads describing Intalco as a "good neighbor." One could argue that such advertising is as prejudicial to a potential jury as a letter to the editor of the *Herald*. The only difference being that one is paid for.

In the *Herald's* judgement, I gather no one in Whatcom County should hear anything faintly negative about Intalco until these 18 cases are completed. At some point, being "objective" and "fair" turn themselves into prejudice. You can keep your eyes open so wide that focusing becomes impossible. And while your eyes are open, you can get stabbed in the back.

Editor, The Herald:

I attended the three - week - long trial of Barci vs. Intalco. After spending that time listening to the scientists, veterinarians, and farmers testify as to the effect fluorides havehad on cattle, vegetation, and human beings, I think that this community should hold an open forum on the subject so that everyone can be warned of the dangers of such pollutants.

We could hold a forum much like the public hearings concerning ARCO. Speakers defending fluorides and opposing them would be invited. The public could make up their own minds concerning the relative good and bad aspects of such industries as Intalco. It would be an eye-opening experience to those who believe that a little pollution can't hurt anything except the smell of the air.

Roxanne Park

Dear Ms. Park:

Thanks for your letter. You may have a valid idea, but the fact that a number of other cases involving Intalco will be coming up makes it inappropriate to comment in the newspaper. Our Letters column is well read and your comments likely would make it more difficult to seat a jury without preconceived opinions.

Sincerely
Bill Fowler
Editor,
Bellingham Herald

TURN OFF THE LIGHTS:
(in the silence of your darkened home you can hear a thousand rivers whispering their thanks.)
— The Rag

Urgent: Saving Mt. Baker Wilderness

This is the last call for letters to the Forest Service about the North Cascades. The deadline is April 5 - that's this Wednesday - for sending in your opinions about the remaining roadless ("defacto wilderness") areas within the Mt. Baker National Forest. If they are not protected in the decisions the Forest Service is preparing to make, these virgin forests will remain open to logging and roadbuilding.

YOUR LETTER IS VERY IMPORTANT. The timber industry is going all out in an effort to beat down any proposals for more wilderness study areas. Industry publications at all levels are now sounding the alarm, and are urging their members to write letters in against "locking up" any more wilderness - in other words, to promote logging of these areas.

At the public hearing held on March 7, there was good attendance from those who wanted the wilderness protected - but few had a chance to speak. So even if you went to the public meetings, you should write a letter as well, and make sure to say that you want it to be part of the official record. Send a copy if you can to Senator Jackson and to your Congressman.

In Mt. Baker National Forest, the areas under consideration - all of which deserve full protection under the Wilderness Act - include Boulder River-Whitehorse (40,000 acres), Mt. Dickerman (30,000), Monte Cristo (54,000), Lost Creek (22,000), Circle Peak (18,000), Buck-Downey Creek (14,000), Falls Creek-Jug Lake (33,000), Cascade River (27,000), Mt Baker (103,000) and Tomyhoi-Silesia Creek (75,000).

Write: Forest Supervisor, Federal Building, Bellingham, Washington.

(For more information see Northwest Passage, Feb. 21 - March 5, pp. 12 and 13.

The Winter Wren by jim miller

When walking in an old growth of dense second growth forest, a person may frequently notice what appears to be a small dark mouse uttering scolding notes ("chick! chick!") and zipping through small openings in the ferns, brush, and entanglement of fallen trees on the forest floor. Closer investigation reveals that this is really not a mouse, but a diminutive bird quite interested in the observer. With amazing adeptness it darts through seemingly impenetrable brush to get close looks at the visitor. This bird is the winter wren, and is generally to be found only in moist, dense forests.

The winter wren is indeed a small bird, being only slightly longer than three inches. It bears some resemblance to its larger and perhaps better known relative, the house wren. One sure way to identify a winter wren is to note its quite short tail. Common to all wren species is the habit of pointing the tail almost straight up when the bird is not in flight. At first glance, a winter wren seems to be a uniform brown. It is true that its plumage is basically brown, but the variations of that color not only make the bird very well camouflaged but also quite beautiful. Its upper parts are a dark brown with numerous darker brown bars or specks. The winter wren's sides and belly are a lighter brown than its upper parts. Here, also, are many dark brown bars. (Recently I observed one of these birds that appeared to have normal plumage on its body, but its head was mostly a bright white. This is undoubtedly extremely rare, which lends even more interest to it.) If the observer has a sharp eye, another good field mark is the indistinct eye stripe of light brown.

The favorite location for a winter wren nest is in a natural cavity in the mass of roots of a fallen tree. Twelve feet above the ground seems to be the maximum height. Usually a spherical nest is built of twigs and mosses and an entrance hole 1¼ inches in diameter is left near the top. One of these birds has modified an old swallow nest in our barn to this design. Winter wrens also sometimes construct open nests like the familiar robin nest.

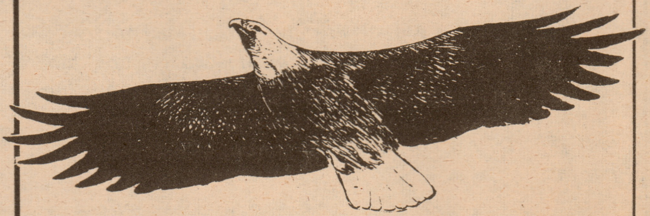
Two broods a year are common among winter wrens. A brood is usually 5 to 6 eggs, and the female is thought to do all of the incubation (there is some doubt, however, among ornithologists about this latter fact). The parents feed their young large amounts of grubs, insects, and small worms — the basis for the winter wren diet, which are found in the forest floor. The fledglings' excrement is deposited in gelatinous sacs and the parents remove it from the nest to drop it as much as fifty feet away. This practice aids in keeping the location of the nest harder to find for potential enemies.

In 1955, at least half of the Washington population of winter wrens was believed to be wiped out by starvation during the snowy winter months. When it is very cold, insects and other suitable food is extremely scarce. To stay warm at night, many winter wrens will sometimes crowd together. A naturalist in western British Columbia once observed during a very bad cold snap some 31 winter wrens cramped in a nesting box that measured 6" X 6" X 6"! It appears that in 1972 there are an abundance of these birds. Their songs are to be heard in all the woods of our farm. The fact that one built a nest in our barn, hardly the first choice of a winter wren, would indicate that suitable nesting sites in the woods have already been occupied.

Probably the most aesthetically pleasing aspect of the winter wren to humans is its song. When a person studies wildlife, adjectives like "fantastic," "incredible," and "fascinating" become often used. It would be hard to describe the winter wren's song without using such adjectives. The song is usually fairly long (5 - 15 seconds) and consists of numerous high trills and warbles. It may be likened to the tinkling of a small brook, though an octave or two higher. Since the winter wren is an all-year resident on the west side of the Cascades, it is one of the first birds to begin singing in the late winter. This year I heard the first ones in the early part of February. Hearing this burst of song on a dreary rain-filled day can remind a person of the coming of spring and nicer weather. Generally it is not difficult to hear a winter wren sing. If the observer is patient and quiet for a few minutes, this will allow the particular wren time to look at the visitor and also to utter many scolding notes. Soon it will begin singing again, and let the person hear something well worth remembering.

NOTES

Certain air pollutants may interfere with some of the body's systems for manufacturing antibodies. According to a news release from the Pennsylvania State University (November 23), Dr. Arian Zarkower of the College of Agriculture found that in tests with mice, exposure to carbon particles, sulfur dioxide, and nitrous oxides interfered with the formation of antibodies when infectious bacteria were administered to the test animals. Zarkower speculates that "this may help explain the mechanism by which air pollutants lower resistance to infection..." Additionally, Zarkower's studies indicated that the air pollutants tested may also cause a greater tendency toward allergies.



At Pierz Lake in Minnesota, where summer canoeists were once rewarded for their six-hour paddle with a catch of two-pound trout, a troop of 120 snowmobiles virtually cleaned out the lake in a single day, packing out 556 pounds of fish.

Audobon

* * * * *

The Peace Corps is looking for organic farmers to volunteer to work with farmers in Asia, Africa and Latin America. Persons who consider voluntering must be 18 years of age or over and know about compost, companion planting, canning, mulching and natural pest controls. For information on other requirements write to ACTION, Peace Corps Recruitment, 348 Peachtree Street NE, Atlanta, Ga. 30308, Attn: Roger Wentling.

Rodales Environmental Action Bulletin

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Future freeways in Oregon are going to need the approval of the state.s Environmental Quality Commission. According to Glen Odell, chief of the technical services section, Air Quality Division, EQC, new regulations adopted recently designate freeways and expressways as causes of air pollution, and, as such, place them under the Commission's jurisdiction. The new regulations affect all freeways not now under construction. For more information write: Oregon Environmental Council, 1238 NW Glisan, Portland, Ore. 97209.

Rodales Environmental Action Bulletin

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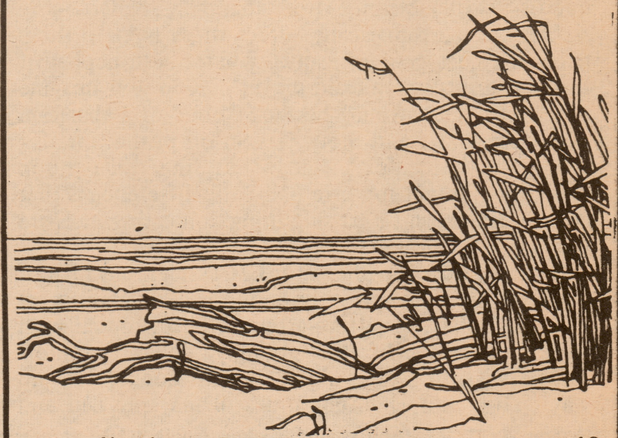
Step in the right direction:

The Washington State Department of Natural Resources has announced the establishment of a Marine Research Station off Budd Inlet just north of Olympia on Puget Sound.

In conjunction with their land management program, a research team of marine biologists and land use planners will conduct studies on aquatic land in the state. Activities will focus on seaweed culture, public beach development, use of submerged structures for raising clams and oysters and aquatic land use planning.



Thots From Another Road

by ed monk

And here I go again, this time around it's Lao Tzu sitting on the horse next to me, watching me grabbing for that old brass ring of shiny desire and he's just smiling (like Meher Baba) and here's what he said once:

"Without going out of doors one may know the whole world; without looking out of the window one may see the way of heaven. The further one travels the less one may know. Thus it is without moving you shall know; without looking you shall see; without doing you shall achieve.

"Those who are wise have no wide range of learning; those who range most widely are not wise "Desire not to desire and you will not value things hard to obtain. Learn not to learn, and you will revert to a condition which mankind in general has lost.

"Leave all things to take their natural course and do not interfere."

And finally, of course, *"The truest sayings are paradoxical."*

I once thot that I'd write a book entitled "The Wisdom of Just Sitting on Your Ass." It would be a kind of contemporary attempt to merge Eastern wisdom and Western hustle and cynicism - I'd try to get the concept of enlightenment across to the people who only read such things during tv commercials and on the john.

Truth Rap-Writing

Thing about writing to communicate is that when you write from where you're high or when you're high your words transmit the truth of your highness and get the reader high with you. Truth gets ya high. Write the truth and the reader gets turned on too. For example, the *Northwest Passage, Be Here Now, Bible, Upanishads, Monday Night Class.*

Same with talking; truth brings out the listener in everyone. Christ, Ram Das, Leary, Steve Gaskin, political prisoners and martyrs thruout history have found the power in truth. The fact that certain of these truth rappers lived total truth as well as talked it is what separates the heavies from the parrots. The parrots dig the power they get from attention and cultivate it for themselves, while the heavies are super-busy recycling that attention energy back back into their (our) purpose. Part of that purpose seems to be keeping living truth; to set an example and therefore influence those around them to live truth. Ram Das said,*"None of us make it unless all of us make it.'"*

Truth is like all the other highs goin' on, in that it's cyclic. It comes and goes according (I think) to how much a person can handle at once. Moderation is a good with with truth until a person and those around him can adjust to it.

Trends

A trend now seems to be toward freeing oneself, and therefore altering the universe to the degree that the micro can change the macro, based on the idea that when all the micros have made it the macro has made it. Hopefully it will snowball 'cause all the micros, as they become freer, happier, higher, more stable, etc., automatically affect those next to them and on it goes geometrically. What would happen if the media hustlers picked up on it. Can you imagine the bucks there would be in an hour of Baba Ram Das, Alan Watts and Steve Gaskin on prime time tv? It's not that it's a fad, (but the hula hoop phenomenon will for sure help) the difference is that consciousness isn't a passing thing - once the seeds are planted in fertile soil . . . .

I mean, how can the calm but exhilerated high of yoga or group chanting be compared to Mannix or Dial for Dollars or sitting around housewifing it with soap operas? Or the bring-ya-down paranoia associated with a drug high? Or with booze? Just no way. Yoga and chanting and sadhana and Zen and Christ and faith and paths to enlightment (after we get through the mental block adjectives like "spiritual" and "magic" and "mystic," etc.) are just such a gas. They're legal and can be done anywhere. Compare that to drugs or booze.

Yoga

"Nachiketa, having learned from the God this knowledge and the whole process of yoga, was freed from impurities and from death and was united with Brahman. Thus will it be with another also if he knows the innermost self. OM-peace -peace -peace.

Upanishads

From personal experience, I have truth flashes and insights after intense pranayam such as fire-breath while in bow, wheel and raised leg positions.

I have truth vision and better reactions and clarity when my energy is not being taxed to consume food. Continence conserves energy unless I slip into sex head-space. Selective vision is the best prevention of sexual uptightness, but mix it with a little 'Let It Be," too. I can't free my self all at once, it takes time, patience and forgiveness (of myself as well as others).

Thru yoga I've lost a lot of my skitzyness, paranoia, indecision and general low life qualities, even tho I' living among 10 million crammed together city dwellers, enduring incredible smog and noise pollution, and hustling a delivery van all over S. California 40 hours a week. In towns, jobs or around loud people, try using cotton or ear plugs to free yerself from noise pollution, one very big cause of uptightness.

Visitin' yoga classes really helps. In my area of wall-to-wall suburbia there are classes going on six days a week. They are sponsored by Park Departments, the YMCA, and nearby colleges. I try to drop in when I have a free night and learn new asanas and dig the beauty of people freely and happily getting high together.

URBAN SPRAWL

Some advantages balance out the ugliness of living in a metro area. There are jobs for self-support, free recreation events almost nightly, home gardening classes 3 days a week,etc. There are four adult schools and six colleges within 10 miles of my house. That's a lot of classes to choose from, even if it's just for occasional free visits.

Also, for me, there is my crazy family (low cost housing, I give my mom $20 or so a month to help pay for my share of the utilities) and the desert to panel truck to on weekends, which is what Rachel, Babe and I are doing right now.

I'm working 40 hours a week, attending a writing for publication class one night a week, playing ball games 2 nights a week and visiting yoga classes 3 nights a week and Saturdays. I do my own yoga routine a couple times a day.

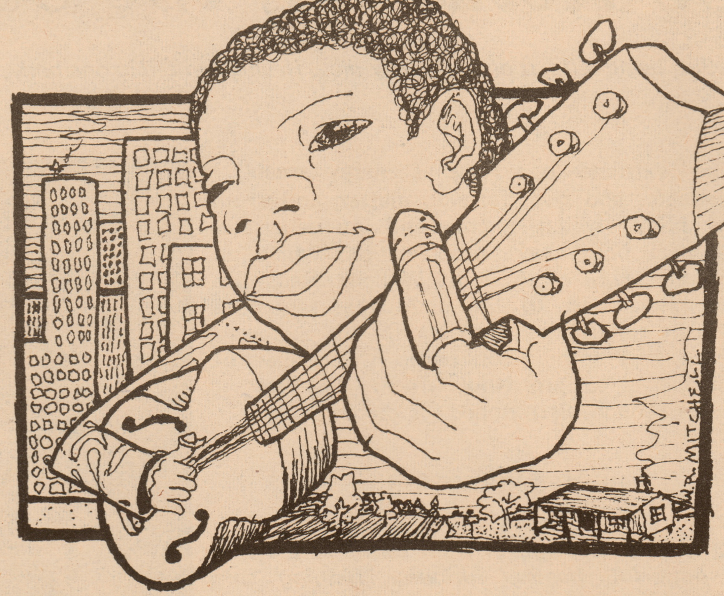
I am starting my first little itty-bitty garden in the back yard - compost pile and all. Yea compost power! I run our two german shepards 2 or 3 times a day, watercolor paint and read high books in between searching for cheapos and vegetarian shopping.

This lifestyle generally excludes drugs and booze, 'cause they either cause paranoia, create karma, or get me off my stride. Along with these changes in my life (from a pretty sedentary and layed back six years in Bellingham) I have super-short hair and no beard for the first time in over two years. This made it easier to get a job and move back home, and to survive in paranoia-cliche land. I don't represent anything visually, I'm not pushing trips on anyone or preaching (most of the time) or demanding that the rest of the world change to suit me. Rather, I'm just working as best I can on getting my self together and doing what I can for others as I can. The most sensible goal I've come up with in 24 years is to find a way of integrating my mental-emotional, physical, spiritual (or whatever you call it) and financial needs into one flowing daily routine. I am constantly looking to make improvements and being as much into "right here" and "right now" as I can let myself be. For me right now, yoga (means union) is the key.

There are a lot of different keys, and different ones fit at different times. I truly hope you're finding yours too!

Slippin' and Slidin'

Playing Bottleneck
history, technique & tunings



by rob klein

Ry Cooder; John Fahey; John Hammond; Elmore James; Robert Johnson; Leo Kottke; Furry Lewis; Tom Rush; Ron Wood (Faces)

The above mentioned musicians, for all their differences (age, race, social backgrounds, upbringings and nationalities) have a common factor: they all play guitar, more specifically blues guitar. *Most* specifically bottleneck style - or - "bottleneck guitar." It's a type of blues that until recently was heard almost exclusively on ethnic, scratchy records or radio programs both usually horded and protected by some old mother hen folkie. Lately though, with the Beatles "For You Blue" on *Let It Be* or Ron Wood on "Around the Plynth" (*First Step,* Small Faces), or even Tom Rush's "Panama Limited" (*Tom Rush,*) that slurred, whiney back-up is becoming kind of a standard sound both with the blues and that incredible, intangible stuff John Fahey and Leo Kottke have been putting out.

Now to tell the truth, I don't know what came first, the Hawaiian or steel method, the dobro style or the bottleneck style of blues. It's a raging controversy, a moot point and maybe even a dumb argument all rolled into one. The best source of information that I have at the present is a taped interview by Ry Cooder distributed by Warner Bros. (bless 'em) around a year ago. From which I borrow a lot for this article.

Where it came from is *probably* somewhere in the Carribean or the Pacific Islands. The hillbillies may have started it first, but more likely the Hawaiians, with their "slack key" tunings, whereby the strings are tuned down to a point where a pleasing sound is achieved when the guitar is strummed without the assistance of the left hand. In other words, no fretting. This is the basis for all the so-called 'open' tunings, where a specific chord, usually a G or D, is the result of the tuning.

Anyhow, someone got the idea of playing with the guitar lying down in front of you and using a bar across the strings with the left hand. That's the way dobro is played, the strings usually tuned to G so's when strumed no hands a nice sounding G is heard. More on that later. A metal bar is held in the left hand across the frets to create a sound very similar to the Hawaiian sound. Only acoustical.

The dobro has a large metal resonater on the top of the instrument giving off a beautiful metallic, rather full, sound. The bar has a notch across it for better gripping and a fine dobro player (Cliff Perry of the Hunger Bros., for instance) will add yet another dimension to old timey and bluegrass bands. Some of the all-time great dobro players, at least two who deserve mention here, are "Uncle Josh" Graves, old timer of Flatt and Scruggs Band who now continues with Lester Flatt. Not to forget the Kentucky Colonel's dobro picker, Leroy Mach. Ah, the memories linger on.

Now these old guys in Mississippi were always adapting styles, for instance they didn't seem to use a pick much and evidently were not content with conventional fingerpicking styles which came from banjo, but evolved a kind of frailing ability using the whole right hand. How did they get plugged into bottlenecking? Well, its pure speculation but it seems safe to assume that at some point in time, some guitar player, probably Black, found that an open tuned steel stringed guitar, when touched with a metal object, pocket knife for instance, produces a sweet, rather elastic sound. When played behind 12-bar ballads a very pleasant effect is achieved.

Or you can play it just right and get a railroad train. With the right words and certainly the right imagination, a fox chase scene, or even a convict chase ("Long John") is more vividly presented, again using only instrument and voice. A really fine bottleneck musician, Robert Johnson for instance, could get vibrato and tone control that is really hard to believe.

As things progressed, the neck of a bottle was used over a finger, usually the little finger, jagged side out, to produce more accuracy and control. The hard smooth glass is found to resonate very well, and assuming you have a pinkie to fit say an old vinegar bottle as Ry Cooder does, you are ready to go. Lots of things are used, some with great results, some only so-so: lipstick holders will work, ditto plastic phone jacks, as well as small pharmacy bottles. You know the kind, round and fat. Stainless steel tubing sections seem to work very well, as do copper, except copper will turn your finger green. I've found SS to be very satisfactory if only for the availability of sizes of the inside diameters.

Anyhow, the bottleneck or tube is held (stuck) on a finger of the left hand, leaving the remaining fingers free to pluck or fret the strings. The action of the guitar must not be too low, the higher the better, as a dobro has slightly elevated strings above the fingerboard. Super gage light rock 'n roll strings will not work, as the bottleneck will just kind of rattle. You can make a sound without even playing the strings: harmonically the bottleneck will divide the strings making them vibrate. Kind of like playing a saw. The whole idea is kind of like a fretless idea, you can do runs, you can do chords, you can perform a lot of really elastic things. Ry Cooder claims to even get a wa-wa effect, if you play it just so. The bottleneck kind of coaxes the guitar along, making a lot of really unusual sounds or effects. A real aficianado of bottleneck blues will insist that the marriage of open tunings and the blues is perfect musical compatability.

Bottlenecking without previous experience is pretty simple. Any right hand technique that you already know can be instantly applied to an open tuning and when used with a bottleneck, the results will be quick and very rewarding. Amaze your friends today. Not that you will be a Tom Rush in five minutes, but the idea is there.

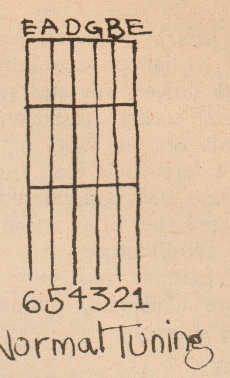
TUNINGS

Which brings us to the tunings.

The two most common open tunings and the two most used in blues and old timey applications are D and G. Once again, open G means that when the guitar is strummed without the aid of the left hand, the result is a full, rich G chord. Placing the index finger of the left hand across all the strings on the 5th fret produces a C chord, and fretting likewise on the 7th produces a D chord. Which figures, 'cause the major chords in the key of G are G, C, and D7th. This also produces an alternate way of learning to play simple songs using the old one-finger boogie. An interesting story along the line is something that happened to an old guitar-picking buddy of mine, Ken Sorensen, and how one day he lost a battle with a grinding wheel and also lost the tip of his index finger, left hand. And darned if the feeling didn't take its old time coming back. Like about nine months worth of taking its time.

So for nine months or so, there was just no fretting with that finger, even when it was on the string Ken didn't know for sure where it was. So what did he do? He got interested in open tunings and developed his right hand technique. Kind of snuck him in the back door, you might say. So even if you're not into bottlenecking, you might still be interested in the tunings.

EADGBE is the normal tuning used for playing the guitar. When strum open in this tuning only dissonance results. When tuning to the D tuning, the instrument is tuned to DADFsharpAD. Which is *much* more simple than it reads. Notice the 4th and 5th strings remain the same. Which makes it very easy to tune back to conventional tuning when you're done. OK, so here is what you do to get into D: tune the 1st and 6th strings *down* to the 4th (or D) string. Then tune the 2nd string down to the 5th (or A) string. A quick strum will result in all strings except the 3rd to be in harmony. At that point I just tune the 3rd string down until it sounds good with the others. And easy as that you're in open D. Two things are important: don't fiddle with the 4th or 5th strings!! And (2) always **tune down**! Again, it is much easier to do than to read about doing it, so don't be paranoid the first time.



Now for the G tuning, which is even easier than the D. This is the one most used for dobro players behind bluegrass bands for a capo is used on the second fret to get you into A. And this, I am told, is the most popular key for bluegrass songs.

Here's how:

Starting with the guitar in normal or EADGBE tuning, we are going to tune to DGDGBD. Notice this time that the 2nd, 3rd and 4th strings are already the same so don't touch 'em! This time we only mess with three strings. Tune the Ist and 6th strings to the 4th (or D) string just like we did for the open D tuning. Again down! Always tune down. Then tune the 5th string to the 3rd (or G) string, and presto you're in open G. Just like that.

Again remember two things for G tuning: 1) don't mess with the 2nd, 3rd or 4th strings and, 2) always tune down.

So play.

(with *much* help from Mr. Muzzy)

Ed. Note: Due to lack of documented information on the subject of bottleneck style, there are many arbitrary points. Your comments are appreciated and welcome.

The Return of the Son of Cosmic Orgone Energy

"....But, being Life, it did not really die... Having expired in one body, it will certainly return in another...."

— Wilhelm Reich

by richard prior

The existence of a "cosmic energy ocean", which creates and gives form to matter, and of an "energy body" which inhabits and interpenetrates the physical body, were proclamations which, in 1957 in the U.S. of A., cost Wilhelm Reich his life. In his address to the court that sentenced him, Reich stated that the time for his discovery had come, that nothing could stop it, regardless of what happened to him. Now, fifteen years later, it appears as though his prophecy is coming true.

THE RESURRECTION

"As if there issued forth from canals in the skin, cold powerful flames, furiously flashing solar prominences, an entire herd of 'amoeba-like' lights crept from place to place, then formed into one blazing bonfire, then divided into pieces again."

"A fire world."

"Radiance like the Aurora Borealis."

These words were used by a group of Soviet scientists to describe a phenomenon they had just witnessed: it was the human body, seen in a field of high-frequency electrical currents.

The Russians claim they have discovered a new form of energy - a biological energy, different from mechanical, magnetic, or electrical forms; the term they have coined for it is "bio-plasma". They postulate the existence of a "bio-plasma body", which interpenetrates the physical body, and which they feel may be the underlying pattern which determines its physical shape.

Kirlian Photography

The Russian discovery began some thirty years ago, with a husband and wife research team named Semyon and Valentina Kirlian; they developed a technique of photographing within a high-frequency electrical field "involving a specially constructed high-frequency spark or lamp generator, tuned up and down between 75,000 to 200,000 electrical oscillations per second". Some of their earliest photographs were of leaves, and showed patterns of flares, turquoise and orang-yellow, coming out of specific channels.

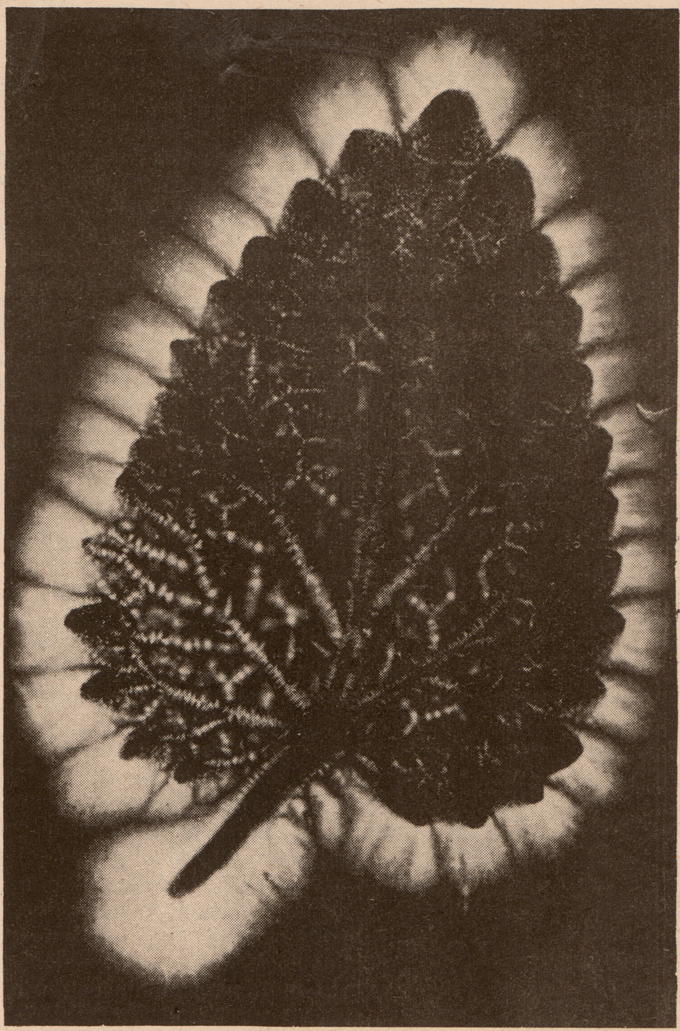
By the 1960's, research on the energy field revealed by Kirlian photography was progressing in many Soviet universities and research centers. The Kirlians had earlier discovered that there are certain points on the skin surface which flare and radiate more forcefully than the skin around them, and that these points appeared to match the 700 points charted by the ancient Chinese medical science of acupuncture; this was confirmed by Professor Vladimir Inyushin and colleagues of Kazakh State University, whose related work will be discussed shortly.

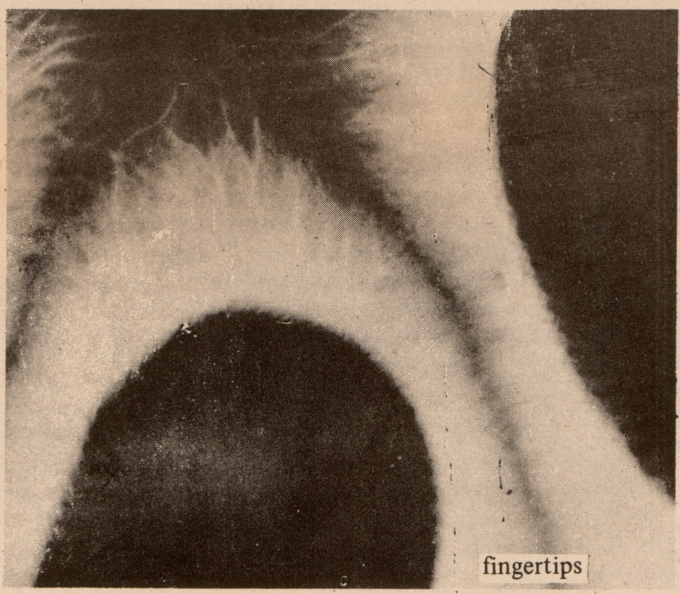
ACUPUNCTURE

A young Moscow Physicist, Victor Adamenko, has invented a device called a "tobiscope"; it is a pencil-shaped device which, when directed to an acupuncture point, lights up. By measuring the intensity of the impulse, it is possible to measure changes in the body's bioplasmic field.

Using the tobiscope, Professor Inyushin and co-worker Nikolai Shuiskey were able to verify that the flares revealed by Kirlian photography corresponded exactly to the acupuncture points revealed by Adamenko's tobiscope.

Inyushin and Shuiskey are working with acupuncture points and the laser beam; a laser beam directed at an acupuncture point above the upper lip will stop an epileptic seizure within one or two seconds, for example, and preliminary investigation suggests that a beam directed at a point between the thumb and forefinger may actually be able to cure chronic arthritis. (If you don't happen to have a laser beam, by the way, a man named Dr. Hsu at the U.W. Experimental College will teach you to do it with needles). If done correctly, no pain is felt and no tissue damage occurs.





fingertips

These same scientists report that photographs of the "bio-plasma bodies" of leaves show structural changes which only later reveal themselves in the physical body as specific diseases. They have also observed that different areas of the human energy body reveal characteristic colors, and that these might be of significance in understanding disease, health, and organ functioning.

Inyushin and Shuiskey also investigated a "healer" named Alexei Krivorotov, taking Kirlian photographs of his hands in a state of rest, and again while "healing"; at rest, the flare patterns appear normal, but while healing, long strands of energy appear to be shooting from his fingertips. The Kirlians speculate that the changed flare pattern may be a kind of "energy transfusion", which stimulates the patient's "bio-plasma". It has been shown that this bio-plasma "can be accumulated and concentrated in certain parts of the body, and then can detach itself and wander freely through space. If it collides with an object, it either rebounds or makes the object move" (Zdenak Rejdak, Ph.D.).

If the idea of "healing" is stretching anybody's mind a bit too far, then just ignore that part, and concentrate instead on the more sane, practical, down-to-earth observations such as the one which follows:

Dr. Anatoli Podshibyakin, of the Institute of Clinical Physiology in Kiev, "found by charting acupuncture points that 'bio-plasma' reacts instantly to changes on the surface of the sun. At the exact moment solar flares (sun spots) occur, there are changes in the electrical potential of the skin's acupuncture points... in some way, the 'bio-plasma' of the body is sensitive to these solar explosions the instant they occur, even though cosmic particles ejected by the sun take about two days to reach the earth." And even the light takes something like eight minutes. Dwell on it.

Inyushin found a difference between the emanations of organic and inorganic substances: **inorganic substances reveal a closed bioplasmic structure, whereas organic substances show an open lattice with the outer atmosphere. This is a highly significant point point in terms of the types of lives we lead, and what we surround ourselves with: the structures we build and inhabit, the clothes we wear, the type of food we eat, our vehicles and containers and utensils, all reflect and influence our basic openness or closedness to what is "around" us; our degree or lack of armoring and rigidity.**

The Soviet researchers have also found that the rate at which the bioplasma fluctuates (or pulsates) appears to change according to the color near it. Dr. Montague Ullman, an American psychiatrist with a long and distinguished list of credentials, recently toured the Soviet Union, and met with most of the scientists mentioned here. He was shown devices called "psychotronic generators", allegedly able to isolate and store the bio-energy, and use it to move physical objects. In Leningrad, he met with Dr. Genady Sergeiev, a neurophysiologist, who showed him specially designed devices called "biological field detectors". (Reich invented a similar device, called an "orgone energy field meter", with which he measured the orgone field around patients; the principle involved is the conversion of the orgone energy into measureable electrical energy. Its construction is described in chapter four of *The Cancer Biopathy*, which I was unable to obtain before presstime).

Finally, to conclude with the Soviet research; Dr. Nikolai Kozyrev, of Pulkovo Observatory in Leningrad, (the Greenwich Observatory of Russia), has advanced a new, Cosmic theory to explain the energizing force of the Universe. He has named his theory "Time". It is claimed that it can be tested in the laboratory, and shows "the beat of Time, the basic energy that quickens the Universe". That "beat" sounds very much like what Reich called biological pulsation.

[Accumulator's note: It is. Since the time this article was compiled, I've been reading *Psychic Discoveries Behind the Iron Curtain*, by Lynn Schroeder and Sheila Ostrander, which contains complete accounts of all these discoveries and more. The material in this article was taken from articles in **Psychic** magazine, and in the **Saturday Review of Science.**]

A Long Time Comin'

So there it is, or rather here we are; whether we call it Cosmic Orgone Energy or Bio-Plasma, it's all the same: a new dimension added to the human experience. (Have y'ever been experienced?)

It will alter and expand nearly every branch of science and field of research that dares to touch it, and beyond that, it has the capacity to alter and expand the individual. It transcends all racial, social, religious and economic barriers, as well as the barriers between human beings and all other forms of life.

As we begin to understand the principles of the Life energy, we will come to see more and more how it functions within us, how we function within it, and what we can do with this "Time" we all have to share. As this happens, we may at last be able to put our lives and our institutions in harmony with Life itself, and God's Long Nap will end.

Somebody Someplace Is

Know Thyself

by ken li

Walking past the millions of volumes in any large library immediately brings the problem of knowledge into focus. Ancient Greek thinkers were also confronted with this problem and established the following attitudes: (l) that no knowledge was possible, or (2) that there was insufficient and inadequate evidence to determine if any knowledge was possible, and hence one ought to suspend judgement on all questions concerning knowledge. Socrates perhaps synthesized the argument by the observation, "All I know is that I know nothing."

With progress modern civilization has apparently given up the question of whether knowledge is possible or not and has rather blandly accepted (the myth) that it is. It is held that scepticism began to pass with Descartes whose own philosophy gave rise to the attitude of certainty. The scientific attitude is one of certainty, that is, that things can be known. The earliest of scientific explorers and even the greatest of the modern scientists have sought within the unknown to bring certainty into the storehouse of man's knowledge. On the whole, the search for knowledge (or whether it is possible or not) has been sacrificed to the scientific attitude. The scientific attitude which began as the search for truth has been sacrificed to the pursuit of certainty.

This 'cartesian sleep' or 'scientific certainty' may not expose knowledge at all... however, it does pass for knowledge and thus becomes part of our focal apparatus. Most of us will spend years in learning this knowledge by rote... as if knowledge is something that can be learned. We will not end like Socrates with "All I know is that I know nothing", but rather with "I'm an engineer, etc., etc. see how much I know..." The search and establishment of certainty via statistical truth has become the great foundation of progress. Indeed we have learned a great deal but our civilization still blunders along with no idea about where it is headed. If one does not sense the chaos of the age which lurks beneath the smooth surface of scientific certainty then surely we must conclude with the sages and seers of the past that man is asleep and involved in that which is worthless. We see the effects of certainty upon our physical and cultural environment... When the need for this certainty reaches its monolithic peak it generates a form of culture we call totalitarian.

The problem of knowledge is not so much the question of certainty or whether knowledge exists or not, but rather what is the relationship between knowledge and the individual. If knowledge does exist how is it to be approached? This brings us back to our walk through the library. With all those millions of volumes how can the individual select those that best fulfill his desire to learn? Libraries only contain certain kinds of knowledge... are there not other forms as well? With Socrates we will be bound to say we do not know.

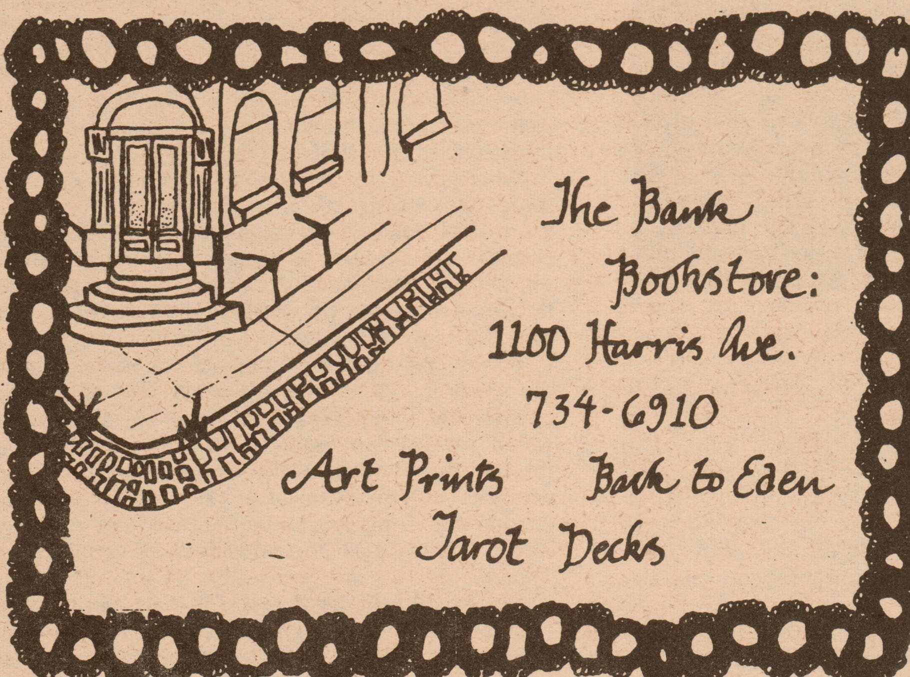
The conventional (conditioned response) thing to do is to run and ask the teacher. Socrates replies, "know thyself." Ouspensky would modify this to "remember yourself now and always." These sorts of answers are not acceptable in the age of certainty, so the teacher gives you a reading list..."read and remember every detail and I will give you a carrot on a string". You rush to respond. This leads to the "follow the leader" game of knowledge. The conventional approach to knowledge could just as easily be called the "authority" game. My professor came from the University of Washington which we know is a better school than Western. His teachers came from Harvard which we know is better than Cal. Their teachers came from Oxford which we know is better than Dartmouth. The authority game is only a step ahead (or behind) or a slightly more sophisticated (and we know who the sophists were) form of totalitarianism.

Is not academic knowledge only a reflection of the interests in power at any given time that must be abandoned? How did this system evolve? To whom is it useful? What does it tell us about ourselves? Let's also go on the far eastern power trip! I studied with Meher Baba who we know knew more than Baba Ram Das. You do know that Gurdjieff was Ouspensky's teacher, don't you? So it goes, the authority, knowledge, certainty trip rolls on, through and over us as nature is sacrificed to the axes.

Let go of knowledge, authority, and certainty. Drop out of the ego-centered personality to come to rest in the depths of the collective unconscious. Descend into the inferno of paranoia that is the modern mind to fulfill past karma left undone. Spend seven years in the darkness of the cave till ego death brings release from fear of death. Stagger through the market places of illusion till you care to buy no more. Gather to your new brothers and sisters who have reached the deep center. Seek the truth in man even if it is only 1% of his nature and the rest is evil.

Put away relative truth to become your own song. Reach for the unity in man to be more individual in wholeness. Evolve in the direction of diversity as nature teaches, each has a different finger-print, why strive to think alike? Why is formal certainty so important - does it cover up the realization that no thing is real? The force of gravity does not pull at ideas...but ideas can still be heavy.

Dionysius asked for a short statement, in writing, of the Platonic philosophy. Plato replied: "There is no written work of my own philosophy, and there never will be. For this philosophy cannot possibly be put into words as other sciences can. The sole way of acquiring it is by strenuous intellectual communion and intimate personal intercourse, which kindle it in the soul instantaneously like a light caught from a leaping flame; and, once alight, it feeds its own flame thenceforward."



reviews

The Last Picture Show

by bernie weiner

America is so starved for good original films that when one does come along that is even half-way creative, the champagne is cracked to proclaim the new genius - director. Look at the hoopla which surrounded Dennis Hopper's firs film, *Easy Rider* — a sketchy hip-exploitation movie; or Arthur Penn's *Bonnie & Clyde,* a romanticized tale of two punks told in glorious, living violence; or Mike Nichols' *The Graduate,* hailed as a great Now Film because it satirized adult hypocrisies but which was totally divorced from any late-'60's political reality (the war, the draft, campus unrest, etc.). Even Bob Rafelson's *Five Easy Pieces* — a fine film, with crackling dialogue and complex characters — tended to be overpraised, simply because it was fresh.

In a time when America has no heroes, no giants, midgets look good. We invent our geniuses rather than the other way around. So when *The Last Picture Show* came along, directed by 32-year-old critic - turned - director Peter Bogdanovich, we shouldn't have been surprised to find critics like **Newsweek's** Paul Zimmerman eager to call the film "a masterpiece . . . the most impressive work by a young American director since *Citizen Kane,"* or Andrew Sarris of **The Village Voice,** calling it "an extraordinarily exhilirating experience . . . a triumph of intelligent calculation . . . . No movie I have seen this year can match the spark that *The Last Picture Show* has set off in audiences."

Having said all that, having warned you how obsessed we critics are with the discovery of new genius, *any* genius, and how one should always regard anything critics say with several bags of salt, it must be conceded that in the case of *The Last Picture Show*, the critics are exaggerating only slightly. It is not a perfect work, but it is first-rate, the best American film I've seen in years, rich and warm and intelligently crafted from Larry McMurtry's novel of the same name.

If we are destined to go through a period of nostalgia in America, we might as well have it done right — and that is exactly what Bogdanovich does in this film. Everything has the right "feel" to it: the old songs, the heavy makeup, the cars, the clothes, the conversations, the hair-styles.

The time is 1950-51 in Anarene, a small Texas town which suddenly finds itself cut off from the mainstream of American commerce and culture as superhighways bypass it and roadside food-chains ignore it. This was when television begin to take over the role of American myth-purveyor from the movies — hence the title, since the old "picture show" in Anarene is being forced to close due to lack of customers.

This transition, from one period in the American epoch to another, is what McMurtry and Bogdanovich capture in their screenplay. Their theme is subtly handled, not in didactic demographic - osciological terms, but revealed through the people of Anarene, the experientially under-nourished inhabitants of this grey and peeling place.

There is Sam the Lion, remnant of an earlier rough - and - ready frontier existence, a moral man who loved and lived well and now is filled only with memories as he runs the pool-hall, diner, and movie-house. There is Lois Farrow, who loved Sam but who married an oilman for money and security; now she tries to forget with lots of booze and balling. There is Jacy Farrow, Lois' striking and spoiled daughter, who learned well from her mother; she uses sex like a karate chop, for power and advantage. There is Coach Popper, a repressed homosexual, and his dried-up wife, Ruth. There is Duane Jackson, the would-be all-American stud, complete with duck's-ass haircut and sleeveless T-shirt; when defeated by Jacy, he heads of to the Korean War, probably to be killed. There is the warm-hearted wise-cracking waitress Genevieve. There is Billy, the feeble-minded kid who sweeps the earth with his ever-present broom. And there is the story's central figure, Sonny Crawford, the innocent young man who must learn to see and feel and experience.

Anarene is a mix of Peyton Place and Winesburg, Ohio, with a little Carson McCullers Southern gothic thrown in. The place, as Lois Farrow says, is "flat and empty" — captured in grey tones by cinematographer Robert Surtees almost as well as James Wong Howe earlier caught the Texas sun in *Hud* — and Bogdanovich shows us how the citizens of Anarene attempt to paint depth and meaning on the flat canvas of their lives.

Mostly this is accomplished in the traditionally hollow American ways: sex, violence, and booze. The rituals of each of these activities, but especially sex, permeate the Anarene reality. (Sonny and his girl friend Charlene Duggs go for a ride; when the truck halts, she takes off her blouse and bra as casually as if she were remvoing her shoe.) Sex as initiation, sex as joke, sex as power, sex as revenge, sex as hunger, sex as sop to boredom, sex as ritual, sex as titillation — but almost never sex as love. Indeed, the two most romantic scenes in the film are not seen: Sam the Lion tells of his nude horseback ride into the lake with Lois Farrow one moonlit night; later Lois almost, but doesn't, sleep with her new son-in-law Sonny.

This latter scene provides just one example of Bogdanovich's sense of cinematic restraint. In the novel, Lois Farrow does seduce Sonny, right after he has been trapped into marriage by her daughter, Jacy. But Bogdanovich has Lois and Sonny exchange their sensual encounter non-verbally and then she laughingly says "no" to herself and kicks him out of the car. A whole short story is written in that silent charade. Likewise, as Duane and Sonny drive to Mexico for a wild weekend and they stop to ask old Sam if he wants to join them, they look at each other for long seconds: nothing is said, everything is said.

(Similarly, Bogdanovich shot but did not use the scene where a bored Jacy allows herself to be had on the pool-table by one of her father's oilriggers. It would have made for great footage — Jacy thrusting her hands into the corner pockets as she climaxed — but though it may have been important to the development of the novel, the scene simply would have been unnecessary and exploitative in the context of the film.)

These are real people in the film, and Bogdanovich's casting is nothing short of brilliant. Ben Johnson as Sam the Lion, Cloris Leachman as Ruth Popper, Ellen Burstyn as Lois Farrow, Cybell Shepherd (a former fashion model) as Jacy Farrow — each is fantastic, their faces and bodies and inflections fit perfectly. Likewise in lesser roles Jeff Bridges as Duane, Eileen Brennan as Genevieve, Sam Bottoms as Billy, Jessie Lee Fulton as Miss Mosey (the old lady who manages the picture show). Sharon Taggart as Charlene Duggs, Randy Quaid as the horny Lester Marlow, Gary Brockette as the smooth stud Bobby Sheen, Barc Doyle as Joe Bob Blanton (the "child - molester" minister's son), and so on. Usually one doesn't mention these minor players in a review, but so memorable are the vignettes they create that as I write this, days after seeing the film their characters still resonate in my mind.

Timothy Bottoms (seen previously as the central figure in Dalton Trumbo's *Johnny Got His Gun)* is better than we might expect as Sonny, as he slowly matures into the realm of love and pain and understanding. However, his range of emotional expression seems limited. It's a difficult role to play well since so much experience is packed into such a short span of film-time.

Which brings us to some of the film's basic flaws, some involving structure. As soon as we feel that we are truly involved with a slice of life, McMurtry and Bogdanovich attempt to square the circle, rounding off all the rough corners. Things are too pat, too forced in order to fit within the 118- minute film. Sam the Lion conveniently dies, willing the pool hall to Sonny; Billy gets killed by a truck while sweeping the street in one of the last scenes; the same which opened the movie closes it. There are other scenes which are just too "easy" — Ruth Popper sitting on the bed in her white frilly dress, waiting for Sonny who has run off with Jacy. Or some scenes which intrude too roughly: Lester Marlow and the town whore sticking their grotesque faces directly into the camera.

But in spite of its faults, *The Last Picture Show* provides a rich film experience, one worth several viewings. It is clear that Bogdanovich is a director with a fine sense of craft, restraint, and a genuine love both for his characters and for the art of film.

PETER POPPIN
1209 Cornwall Ave.

Books of all kinds
Magazines
Posters
Records & tapes
Kites & kite string

Chuck Chocolate !

Food Freaks!!!

A group of students at Fairhaven College recently conducted studies on different aspects of food processing. The following by Cindy is the result of one such research project. j.k.

An Alternative for All You Chocolate Freaks

by Cindy Dobson

We find that most synthetic products or chemically infested foods are consumed in America out of ignorance. We also assume the nutrition of certain foods because of their prolonged use in the American diet. But as we all 'know,' existence does not necessitate usefulness. Chocolate is just another substance to be added to this long list of psuedo-foods.

Chocolate was not introduced in America until the 19th century because it was an expensive, exotic food. However, four centuries ago the Aztecs of Mexico made a delicious chocolate drink by crushing the cocoa bean, beating the fluid to a froth of honey thickness, flavoring it with vanilla and serving it cold. Montezuma was said to have drank 50 jars a day. The Spaniards introduced this delicacy to Europe. The product became widespread through exploitation. America now imports twice as much as any other country.

PROCESSING

Cocoa is made from the fruit of a small tree indigenous in Central and South America. West Africa now has the greatest supply. The fruit is a gourd 6-8 inches long, in which numerous seeds are embedded. The seeds are removed to dry in the sun for about six days. During this process they lose their bitterness and acquire the pleasant taste characterisitc of cocoa. After this initial roasting they are cracked between rollers and ground in mills from which they emerge as a thick brown mass, for the heat of grinding melts the fat in the cocoa. Hydraulic presses extract the fat, sold as cocoa butter. The cakes that are left contain 20-30% cocoa fat or butter. This is bitter chocolate ground into cocoa.

Chocolates, or food products coated with chocolate, take on a mottled or cottony look when left at room temperature. This change is caused by separation of the remaining cocoa butter from the chocolate and is a process known to manufactures as "bloom." The addition of an **emulsifier, such as lecithin or synthetic mono and diclycerides, helps keep the fat and cocoa butter in a stable relation with the chocolate. Surfactant emulsifiers are also added to chocolate products such as ice cream and icings to achieve a smoothness of texture. The most common is Polysorbate 60. Stabilizers are added to chocolate milk and drinks. It alters the viscosity of the milk and thereby keeps the chocolate in suspension. The effects of these synthetic emulsifying agents on human health, like many additives, are not yet known conclusively.**

Contents

Chocolate consumed in the form of candy is a mixture of 50% cocoa powder and 50% sugar. It is among the foods highest in calories. One pound of original chocolate after the first processing has 2182 calories in fats, 482 calories in carbohydrates, and 221 calories in proteins: approximately 2500 calories.

Cocoa contains the drugs caffeine, theophylline and theobromine, methyl derivatixanthine. They all produce the effects of caffeine. It stimulates the nervous system and heart, and often prevents fatigue. For many people it facilitates mental activity in short duration. An excessive intake, however, can cause sleeplessness and may aggravate emotional instability and mental illness, besides raising ones blood pressure and lowering blood sugar content. One 10% bar of chocolate contains 78 mg of caffeine, one-half as much as a cup of coffee.

It is possible that the cocoa bean may contain some vitamin D from the drying process.

Oxalic acid is a very predominant substance in chocolate. It is also present in green leafy vegetables (beet greens, rhubarb, spinach and swiss chard). It combines with the calcium present in chocolate and renders the calcium useless for assimilation by human bodies. Cocoa is 8th on the list of oxalic acid content (spinach .89%, rhubarb .50% and chocolate .45 to .49%).

A study was made feeding chocolate milk or wh te milk to animals. Those drinking chocolate milk absorbed less calcium and phosphorus. Their growth was retarded with small, fragile bones. And we, as Americans, on an average have a low calcium intake. In the 15th century, 1.3 g calcium were consumed per person per day. We now receive about .6 g calcium. The recommended amount for growing children is 1 - 1.4 g. According to Adelle Davis, 98% of the milk purchased by grade-school children at lunch is chocolate milk.

One cannot speak of chocolate without including sugar in the same breath. Sugar, as a cheap and easily digested form of energy, is valuable; but it lacks every nutrient except carbohydrates. To burn sugar in your body, certain B vitamins must be present. So your digestive process must steal them from the rest of your body.

ALTERNATIVES FOR CHOCOLATE FREAKS?

What alternatives are open to people like me who just dig chocolate but don't need the calories or other side effects? *Ever tried carob?* Since my first taste, I have been struggling to abstain from addiction. However, it is not physiological in the sense that caffeine is. It is an insatiable craving. But once I discovered its worthiness as a nutritional food, I lost my "guilty feelings." Carob flour can replace sugar and always chocolate or cocoa.

The carob tree is plentiful along the Mediterranean and the coast of S. Europe, Africa and Asia. The seeds of the carob pods are too hard to be eaten – carob flour is made from the pulp – but the pod itself can be dried and eaten as is. It is related to the honey locust, and is also called St. John's bread. Carob is assumed to be the food spoken of in the Bible as "locust." In times of deprivation, when food was scarce, carob became an important food because of its value and accessability.

Thiamin is necessary for proper digestion of carbohydrates and for steady nerves. Carob contains as much as asparagus, strawberries, potatoes, dandelion greens or water cress. Niacin is involved in assimilation of sugars and starches. There is as much as dates, bacon, sausage, lima beans, lentils, and peas. Riboflavin is an aide to healthy skin and eyes. The content in carob is equivalent to brown rice. There is more vitamin A in an average portion of carob than is found in eggplant, asparagus, beets, white potatoes, raisins, radishes, onions or rhubarb. Carob is high in calcium and natural sugars. But it contains the essential Vitamin B's which help break it down.

Carob's chief contribution to bodily welfare is in relation to the health of the digestive tract. In Britain, carob flour is used in treating vomiting in infants. It is also an excellent treatment for diarrhea because of its high content of pectin and lignin. Pectin is the substance found in fruits which offers protection against diarrhea. There is an alkaline reaction with the body similar to that of fruits and vegetables and it tends to solidify the stool.

Carob candy is delicious. I prefer it to chocolate. Carob is mixed with nuts, milk solids, and natural sugars to make the candy. When substituting it for chocolate, be careful, because carob (flour) is much sweeter than chcocolate (cocoa) and it does not have the bitter taste of chocolate.

STRANGE BUT TRUE ??

Cases have been reported where people who complained of pruritus ani (itching anus) were known to consume large quantities of either chocolate or coca-cola. With the cessation of intake of these products, their pruritus ani seemed to vanish.

CONTENT OF CAROB FLOUR:

Carob flour is rich in protein, carbohydrates, vitamins and minerals. Following is a breakdown of nutrients:

moisture	6.3%
crude protein	7.75%
crude fat	1.90%
nitrogen free extract (carbohydrates)	72.85%
Ash (mineral matter)	2.45%
pH value of ash (extremely alkaline)	10.6
total sugars (invert)	46.25%
reducing sugars	9.15%
sucrose	37.90%
starch	6.30%
calcium	.22%
magnesium	.95%
potassium	.28%
phosphates	.1%
sodium	.1%
silicon	.05%
iron	.05%
aluminum	.05%
strontium	.05%
manganese	.01%
barium	.01%
boron	.005%
chromium	.005%
copper	.001%
nickel	.001%
carotene (mg/100 g.)	.03
equivalent to Vitamin A (I.U./lb.)	227
thiamin (mg/lb)	.166%
riboflavin (mg/lb)	.25
niacin (mg/lb)	12.0
calories/lb	1595

FOOD TRIP
with me
at
THE DELI
FIRST FLOOR
BUCHANAN TOWERS
WESTERN WASH STATE COLLEGE
OPEN TO THE WHOLE
COLLEGE COMMUNITY
pies
meats
bagels
granola
pickles
peanut butter
homemade breads
raw milk cheeses

Welcome to the...

PAPER RADIO!

Declaration of the Rights of Animals

The declaration of the rights of man was written and published by thomas paine on May 13, 1791 — that became world famous. an universal declaration of human rights was made by the united nations organization on december 10, 1948, and has since been celebrated annually. a declaration of the rights of the child was made u.n.o. on november 20, 1959. now it is high *time to call the world's attention to the rights of other sentient beings inhabiting the earth. therefore a declaration of the rights of animals is proclaimed hereby:*

ANIMALS ARE SENTIENT BEINGS: we demand to be considered and treated as sentient beings and not as things to be exploited; the recognition that human beings cannot exist without wild animal life as part of the total environment; that we have feelings of pain, emotions, needs just as human beings have, all as a part of our natural heritage.

DEFAMATION: we demand that no human being use our names to insult, defame, or demean a fellow human being such as they popular insulting term "pig" for hated policemen, or the word "wolf" to describe a man having predatory designs on a female person.

FALSE PROTECTION: we demand the right to be left alone in our natural habitat to pursue our lives according to the laws of nature, not the so-called protection laws to limit our species.

TERRITORIAL RIGHTS: we demand adequate territory in which to roam as our individual right and so to be able to do our share in keeping an ecological balance on the earth.

ANIMAL CLOTHING: we demand that the killing of animals for wearing apparel cease now that the modern clothing industry can make adequate and beautiful clothing with materials of non-animal origin.

WILD ANIMALS: we demand that hunting for sport cease because it should be inconceivable that one sentient being can enjoy killing another one. instead, so-called "sportsmen" should find themselves a natural outlet for their emotions to take the place of the sadism vented on defenseless animals.

DOMESTIC ANIMALS: we demand an end to the slaughtering of animals for food because nature has provided adequate food sources for human consumption from the vegetable kingdom.

HOUSEHOLD PETS: we demand that domesticated animals have their unrestricted freedom in their natural habitat. thus mankind is cleared from the ecological error of having pets and enslaving them in an unnatural and artificial mode of living.

VIVISECTION: we demand that animal vivisection, experimentation cease as completely incompatible with reputed morality of human beings. intelligence and empathy of feeling condemn all such animal experimentation.

LITERATURE: we demand that literature about animals be reexamined an written as a true picture of animal life. this means the revising of textbooks from primer through college by naturalists truly dedicated to all forms of non-violence.

WE SHALL BE HEARD!

in empathy,
valida davila

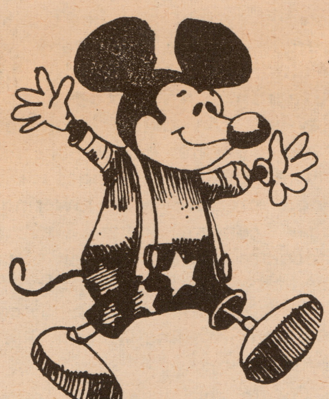
PEACE

Uncle Scab Wants You to Grow Grapes

WASHINGTON, D.C. (LNS) - The U.S. Government will give you forty acres of land in Oklahoma for free, lend you power saws to clear the land, loan you money to build your home and even give you vines to start a grape crop. After 3 years your vineyard should be bringing in $7000 a year for your family. The only catch is that you have to be on welfare or some other sort of public assistance!

A neat deal? For the Government and the large grape corporations it is. The idea is to get poor people to start new vineyards and then produce scab grapes, in order to break the boycott of non-union grapes and the organizing of farm workers.

Over the past few years, the Department of Defense has bought huge quantities of non-union grapes. Even Spiro Agnew did his part. He bought $30,000 worth of grapes for his inauguration.



United Farm Workers

The struggle of the United Farm Workers has brought witness to the beauty of a movement which gathers its strength from the will of its people. During the fervent seven year history of the Union, the members have been harrassed, beaten, run down by autos, and jailed. These sufferings have been met through the use of non-violent picket lines and boycott activities. And through the nation-wide boycotts of lettuce and table grapes, the people of this land have shown their support in this arena of social change.

The United Farm Workers are now facing their most important struggle. On March 9, under the direction of General Council Peter Nash, the National Labor Relations Board issued petitions in nineteen cities across the nation enjoining the United Farm Workers from further secondary boycott and striking activities. The Petition is scheduled for a court hearing on April 6, and if approved an injunction will be issued which will have the effect of delivering a death blow to the life of the union.

Since its conception under the Wagner Act of 1935, the NLRB has excluded the farm workers from its protective provisions. Now, the NLRB is using the punitive measures of the same act to restrict UFW activities. This is both illegal and unjust. As Mr. Nash and three of the five members of the board are recent Nixon appointees, the United Farm Workers feel that their action is a reflection of national Republican policy. For this reason, the United Farm Workers are asking their supporters from across the nation to write letters to Senator Robert Dole, chairman of the Republican Party, protesting the action of the NLRB. The letters should be addressed to Senator Robert Dole, Chairman of the Republican National Committee, 310 First Street S.E., Washington, D.C. 20003.

The hour is upon the people of this country to demonstrate to their leaders that social injustice will not be tolerated by the 'will of the people.'

Viva la Revolution

Updated Subversion

WASHINGTON (LNS) - People sometimes may wonder what the Federal Subversive Activities Control Board does with its $450,000 a year budget. Ponder no more.

The Justice Department is about to petition the board to update the Attorney General's blacklist of organizations which has been unchanged since 1955.

The list, which played a big role during the McCarthy era is still being used by the Army to determine if someone is ineligible to serve in the Army because of political affiliations.

The old list included for example, the Abraham Lincoln Brigade - a group of U.S. volunteers that went to fight against the Fascists in the Spanish Civil War in 1936.

John Sinclair Freed

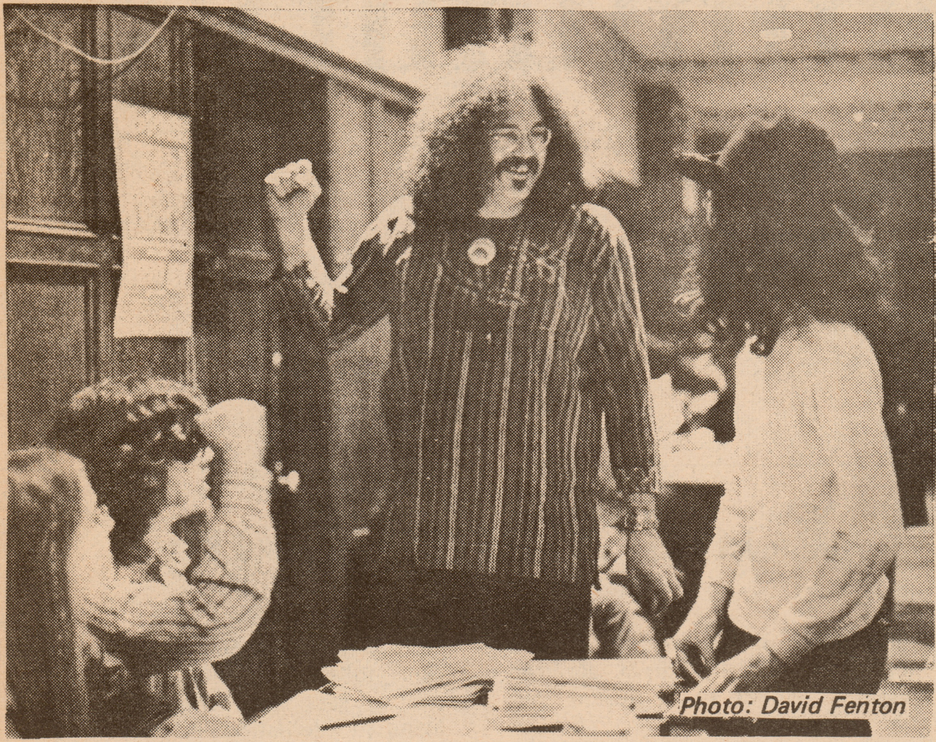


Photo: David Fenton

ANN ARBOR (LNS) - John Sinclair, chairman of the Rainbow People's Party, is free once and for all. In early March, the Michigan Supreme Court reversed his conviction, under which he was sentenced on July 28, 1969 to 9 1/2 to 10 years in prison.

"Today is a great victory," he said at a press conference March 11. "We have achieved what we have been trying to bring about for the last six years." He wasn't talking merely about his own case, although the Rainbow People's Party (formerly the White Panther Party) has led an intense movement to "Free John" ever since his arrest.

Sinclair was freed as part of a court ruling which declared the then current Michigan state laws for marijuana possession unconstitutional. These laws classified marijuana as a hard narcotic and enabled Judge Robert Colombo to give John a 10-year sentence for possession of two joints. In the recent decision, two judges called the sentence "cruel and unusual punishment in light of the case against him."

Now, until April 1, when more liberal laws will go into effect, Michigan has no marijuana laws to speak of - at a state level - although officials warned that local laws are still in effect. The Rainbow People's Party is out to remove those laws too.

Sinclair has been out of jail since mid-December when the courts finally decided, under pressure, to grant bail. That decision came after 15,000 people came out to support him at a rally-concert in Ann Arbor.

When John Sinclair was released from Jackson State prison he said, "One of the first things I want to do is to expose the snakepit behind me." He's been working on it; on February 24 he took part in a well-attended public debate with the administrator of Detroit's Wayne County Jail, Frank Wilkerson. John spent part of his sentence in the overcrowded county jail, reputed to be one of the worst jails in the country.

At the press conference at the Rainbow People's Party house at 1520 Hill Street, where according to the Detroit Free Press "the weed flowed like wine", the press was reminded of the Party's involvement in the upcoming Ann Arbor City Council elections.

Working with the Human Rights Party in Ann Arbor, the Rainbow People have been conducting a large scale voter registration drive, to bring young people to the polls to vote for their 5 candidates. They don't expect complete victory this time, but they hope to fill at least two of the ten council seats with what the Detroit News calls "avowed radicals."

Prison Rebels Indicted

WOODBRIDGE, N. J. (LNS) - 41 prisoners have been indicted in the aftermath of the Rahway Prison rebellion in November of 1971. The indictments charged the men with kidnapping, assault and battery and false imprisonment.

The rebellion occurred Thanksgiving, November 24, when 500 inmates (out of a population of 1300) took over a wing of the prison and held five guards and the superintendent hostage. The prisoners had been circulating a 14 demand petition for over a month previous to the takeover.

The prisoners demanded better food, better medical care, end to racism by the guards, right to religious freedom, re-examination of the parole board system, and classes on black and Puerto Rican culture, more useful rehabilitation courses, end to stealing and opening of mail by the guards, and an increase in the gate money ($25) allotted to prisoners.

At first, over 150 state troopers equipped with riot guns, gas masks and bullet-proof vests, were sent to the prison. Then New Jersey's Governor William Cahill withdrew the troops when he learned there were hopes for a bloodless solution to the rebellion.

The prisoners offered to end the rebellion if Cahill would agree to negotiate the demands and grant amnesty to all the rebelling prisoners. Cahill agreed and also promised that a committee of community members would supervise the workings of the prison to make sure that physical reprisals would not occur.

The next day the prisoners ended the rebellion and the reprisals began. Forty-three inmates were transferred from Rahway, a medium security prison, to the Vroom Building in the Trenton State Prison, a hospital for the criminally insane where shock treatment, isolation and injections of various drugs occur regularly. Several transferred inmates say that they were drugged while at Vroom.

Then they were transferred to Yardville, a maximum security prison and placed in isolation with limited privileges. On Christmas Day, a drunken guard provoked an inmate and the inmate hit the guard. About four men were involved in the incident.

All 43 of the transferred Rahway prisoners were put into 24-hour lockup, and their mail was delayed.

The ACLU's Prison Rights Organization called the actions "cruel and unusual punishment" and filed a motion to stop the lockup in Trenton District Federal Court. Immediately after that, the indictments came down - 20 of the transferred men were indicted and the men with the heaviest charges were on the negotiating committee elected by the inmated during the rebellion.

Thomas Wooten, the chairman of the Inmate Negotiating Committee during the rebellion was charged with 2 counts of assault and battery (1 year maximum sentence) and 4 counts of kidnapping (30 years to life) and 4 counts of false imprisonment (7 year maximum).

Between 20 and 30 counts of kidnapping have been charged other inmates. Five inmates were also charged with assault and battery in the Christmas incident.

The 43 transferred inmates are still on 23 hour lockup and all will enter pleas on March 30.

The severity of the indictments, in a rebellion where no hostages were harmed would not be much heavier had the inmates killed the guards, especially since the death penalty was abolished. The State has said that they are trying to teach prisoners a lesson, but many people feel that their actions are opening the way for the murder of hostages.

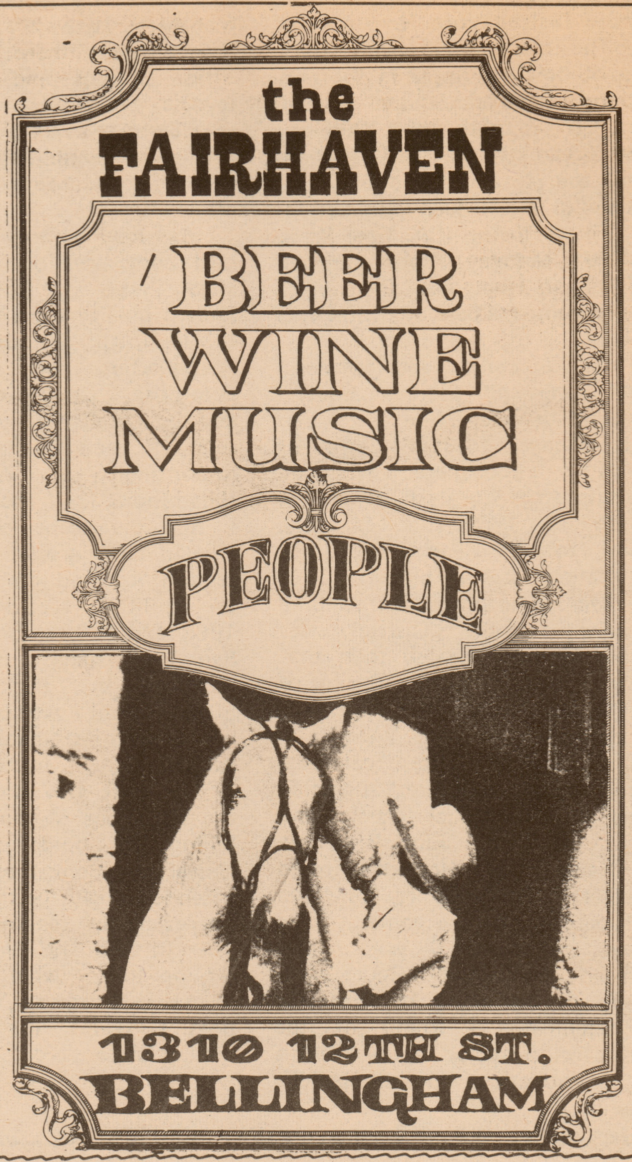
Grass May Lead to Heavier Things

NEW YORK (LNS) - Marijuana cigarettes should not be legalized, a Columbia University sociologist warns, because they may lead to something "far more harmful": tobacco cigarettes.

Amitai Etzioni said that he thinks marijuana should only be legalized in plug form.

Whether or not grass should be legalized for sale in foods, he said, is a matter that requires "the urgent attention" of researchers. Until the matter has been studied, he said that pot brownies should remain illegal.

As to those pot smokers who already smoke cigarettes, Etzioni added, "no additional impetus should be given to the habit."



Community News

Id Submerges

It's easy to forget that today's "counter-culture" began in something that everyone (the participants, the press, the academic chroniclers) took to be some kind of dramatic far-reaching and fundamental force for change.

Even the labels for what happened five years ago are embarrassing; the "summer of love," the "hippie phenomena," the "love generation."

The labels never did mean anything and perhaps whatever meaning the whole thing had was contained in the frail institutions that came out of the experience, the Free University, a learning experiment that foreshadowed most currently fashionable notions of education, the **Helix**, Eagles auditorium, empty now for two years.

This month Seattle last the last direct reminder of its participation in the events and experiences of that peculiar summer of 1967. Bowing to economic necessity, the Id Bookstore, located at 1408 N.E. 42nd, closed its doors March 4.

The Id has been part of the University District since November of 1966. The store itself began as a feature of the first ripple in the now flourishing Pioneer Square revival. Opened in October of 1965 by partners Jean Andre and Richard Duncan, the store was the only one in Seattle to stock such publications as the **Village Voice, L.A. Free Press,** and **The Berkeley Barb**, printed harbingers of what was to capture the overground media's attention two years later.

It was a quiet and peaceful talkshop while at Pioneer Square. The second owners, Steve and Karen Herold, managed to retain some of the leisurely atmosphere when they moved the store to 41st Avenue in November of 1966, the site now occupied by the Pacific National Bank's campus drive-in branch.

But the atmosphere surrounding the store in the District was considerably more heated than that at Pioneer Square. In the Spring of 1967 the Id's celebrated obscenity bust occurred.

The Kama Sutra calendar, featuring metal sculptures suggested by the Indian sexual classic and literary magazine, **Entrials**, were siezed and the Herolds found themselves in Police Court, convicted of trafficing in obscene goods.

Their conviction was later overturned in Superior Court with the help of testimony by Professor John Spellman, a friend of the Herolds and a major figure in this city's introduction to psychedelic experience.

The Id moved to its last location in June of 1967, where it came to fulfill its role as a kind of nexus for the University District's scholarly hip.

After the obscenity bust came the celebrated sidewalk controversy. The sign (a hokey reminder of 1967 featuring as the "I" in Id a candle dripping wax) was set upon by District beat cops as a violation of some ordinance or other. The entire incident, chronicled in the city papers ended successfully for the Id.

But whatever nostalgia can be conjured up by the store's past is of little consequence in the face of economic reality. The store's sales have decreased in the past years, as a result of a credit-squeeze induced reduction in stock. But last and foremost, the thing that really did them in was the fact that $45,000 worth of merchandise had disappeared, in return for only $16,000 entering the store. Kind of leaves a bitter taste in your mind.

More than most institutions the Id was about people; the customers, the Id crew of clerks, its managers. It wasn't all loyalty and togetherness, there were disputes, office politics and, finally, a few layoffs.

The store was a scene, its front windows a combination notice board, running social commentary and street art exhibit.

For a long time the Id's backrooms were occupied by the San Vito Press, one of Seattle's best known quality print shops.

The Id premises were also headquarters for another Herold enterprise, Double Elephant Folio and Quarto Company, responsible for such projects as the remarkable re-printing of William Blake's Illustrations for "The Grave."

But the scene changed both in the Id and around it. The occult section regained its early popularity, the political section, expanded in 1968 and '69, stopped growing, the San Vito changed management and location, the backshop becoming Steve Herold's workshop for two of his avocations, antique books and calligraphy.

The past few months have seen the last gasps of the Id, its frailness failing to hold up against the University Bookstore, its consumer base seemingly getting less and less interested in reading much at all. The Id and the University District are no longer what anybody would term experimental, and nostalgia doesn't count for much in the market place.

Food Stamp Story

By the time you read this more facts will probably have surfaced from the clouds of confusion, but here is what we knew on Saturday, or so.

New food stamp regulations have been on the verge of going into effect several times in recent months and about this time last year also. The new regulations will have primarily two discriminatory clauses: a) if any unrelated people are living together (unrelated means not related by blood or marriage) everyone in the house will be ineligible. The only case where you will be exempt is if you are living in a licensed boarding house or apartment house or something of this nature; b) you will also be ineligible if your parents claimed you as an income tax deduction on last year's return.

Now it is obvious to anyone who cares to see who the government is out to get. You - meaning anyone living an alternative life style.

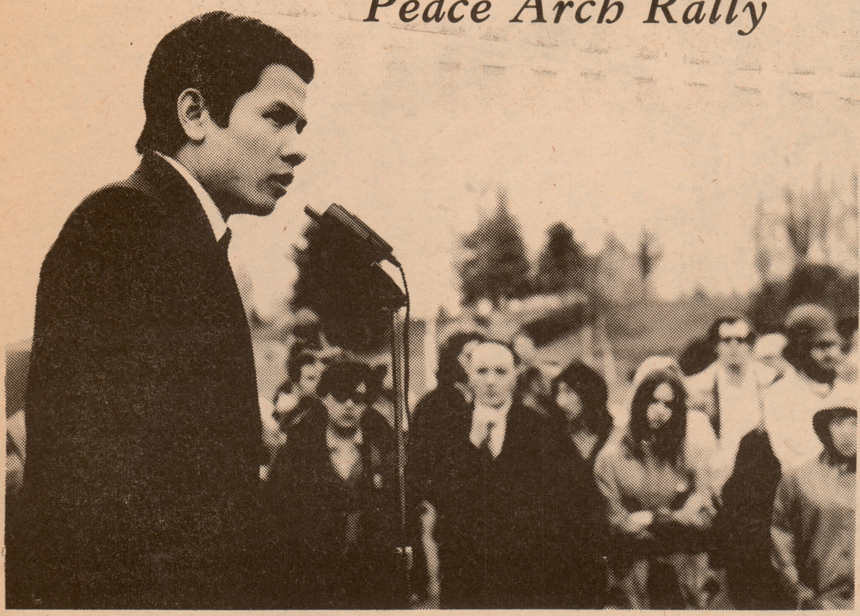
Now for what we hope is the good news. By the time you read this a class action suit should have been filed by Seattle Legal Aids and four or five other legal aid agencies across the country enjoining the federal government from instituting those clauses. Chances are very good that the courts will declare those clauses unconstituional. In any case - until the matter is settled in courts - the government will be unable to enforce those regulations. And a good day to you Dickie!

Organizational Meeting — for medical clinic — 7:30 April 5 at St James Presbyterian on 14th st.

the renowned poster sale, most 50% off · no scuba suits continues at Puget Sound where noise polution is rampant according to reports it was overheard that tickets for Joe Cocker April 19 in Vancouver were ava-ilable along with a new Jethro Tull inport album. Also tickets for Roberta Flack & Osibisa at WWSC · New Systems on Special order — you ca-nt lose it was repor-ted

Jimmy Olsen where are you? C.K

Peace Arch Rally



"Peace, independence, freedom, reunification are the deepest aspirations of Vietnamese. However, in this war, to save our country to carry out the Vietnamese wishes; in order that the next generations, our beloved younger brothers and sisters live the happy lives, we the youth have to take action. The future of Vietnam lies in our hands. Vietnamese Youth, rise up."

In his native Vietnamese tongue, Nguyen Thai Binh sang the above lyrics to open a Canadian - American anti-war rally held at the Peace Arch in Baline on Friday, March 31. Singing from the steps of the Peace Arch, his voice reached the 150 people attending the rally. Finh is a Vietnamese student presently attending the University of Washington. On February 10, with ten other Vietnamese students, he was arrested after occupying the Saigon consulate in New York to call attention to the fact that Nixon is only seeking to perpetuate the Thieu regime. Although the consulate is legally Vietnamese territory, he was charged with criminal trespass.

Binh feels intensely the plight of his people, and on Friday he called for more American support of the interntional anti-war effort being waged against the Nixon administration and its Indochinese policies.

The rally was sponsored by the Clergy and Laymen Concerned, the Episcopal Peace Fellowship, and the Harrisburg Defense Committee, and it was called in conjunction with the demonstrations held in Harrisburg during the trial of the Harrisburg 8, accused of attempting to kidnap White House aide Henry Kissinger. In Harrisburg, large numbers had been attending the demonstrations and arrests were made several times as the demonstrators attempted to block entrance or surround the courthouse.

Perhaps half of those in attendance at the Peace Arch were middle-aged and conservatively dressed. These were the church people, old radicals, and liberals who seem to be giving the anti-war movement most of its support these days. The rally was about equally composed of Canadians and Americans.

Though small, the rally showed genuine sympathy with the Vietnamese, and a sincere anti-war sentiment prevailed. It was pointed out by the speakers that this sentiment must be carried through the spring to the other anti-war demonstrations (Aprill 22 in Seattle) because it lends tremendous encouragement ot the Vietnamese who are indeed in the midst of the struggle.

Alcoholism Symposium

"Community Alcoholism" is the title of a special public symposium that will deal with the Number One health problem in the United States today. This symposium will describe and develop a comprehensive plan to identify and combat alcoholism on the job, in the home, and throughout many of the service sectors of the community, such as the courts, the schools, and the hospitals. The goal of this program is to educate a much larger segment of the general public in the many ways community resources can be mobilized to prevent, control, and treat alcoholism before it does permanent damage to an individual's life and the lives of the people around him. Therefore, much emphasis will be placed on the different forms of serious "problem drinking" that most often lead to alcoholism and alcoholic behavior in the local community. Alternative methods of treatment and rehabilitation which promote successful recovery will be discussed as part of the development of a comprehensive social and health care services system.

Scope and impact of the problem of alcoholism on the local community will be discussed on April 5. Social, economic, and health problems associated with alcoholism will be discussed by the people who see its effects firsthand. Legal and social "stigma" atached to public drunkenness and alcoholism will be discussed as expressions of individual misunderstanding or community sentiment which interfere with the prevention and treatment of alcoholism.

Panelists include: Dr. Phillip Jones, District Health Officer, Whatcom County Health Department; Judge Leslie Lee, Whatcom County District Court Judge; Conrad Thompson, Chief Probation Counselor, Whatcom County Adult Probation; Theron Jaquish, Chairman, Whatcom Citizen's Council on Alcoholism; Frances Roberts, Social Case Worker, Department of Public Assistance.

On April 12, the dual problem of employee alcoholism and its concealment in business and industry will be discussed. The roles of management and labor in developing explicit and effective policies concerning the problem of employee alcoholism which contributes to the process of identifying and motivating employees to accept treatment. Also existing are new programs to combat alcoholism in business and industry.

Panelists include: Zelda Petch, Registered Nurse; Frank C. (Jim) Brooks, President, Frank Brooks Manufacturing Company; Frank Jefferson, Employee, Georgia Pacific Corporation; Ernest Bently, Attorney; Marvin Eggert, Secretary-Treasurer, Teamsters Local No. 231.

The dynamics of family disorganization and adjustment which emerge when alcoholism enters the home will be discussed on April 12 by both recovered alcoholics and non-alcoholics who have experienced or witnessed the crisis of alcoholism in the family. "Do's" and "Don'ts" of family treatments will be discussed as part of the interaction among alcoholic and non-alcoholic family members. Alternative forms of family organization which promote therapeutic interaction will be explained.

Panelists include: Rev. Leonard Ericksen, Pastor, Central Lutheran Church; Don Huggins, Alateens; Barbara Smith, Psychiatric Social Worker, Whatcom Community Mental Health Services; Jacqueline Weiner, Director, Crisis Clinic; Ethel Carpenter, Al-Anon.

On April 27, symptoms of alcoholism and alcoholic behavior are described as diagnostic signs of a progressive - but treatable - illness. Institutional and community programs which promote prevention and control of alcoholism are explained and evaluated. Alternative theories and methods of treatment are presented together with a discussion of the problems of relapse and recovery which often accompany alcoholic rehabilitation. Organization of regional and state-wide social and health care services to treat alcoholism will be reviewed and discussed.

Panelists include: Donald Berg, Executive Director, Whatcom Community Mental Health Services; John Gabler, Regional Administrator (Region II), Department of Social and Health Services; Dr. Gary Chiarottino, M.D.; Willafred (Willie) Washington, Program Director and Counselor, Lummi Alcoholism Program; Keith Miller, Employment Counselor, Washington State Department of Employment Security.

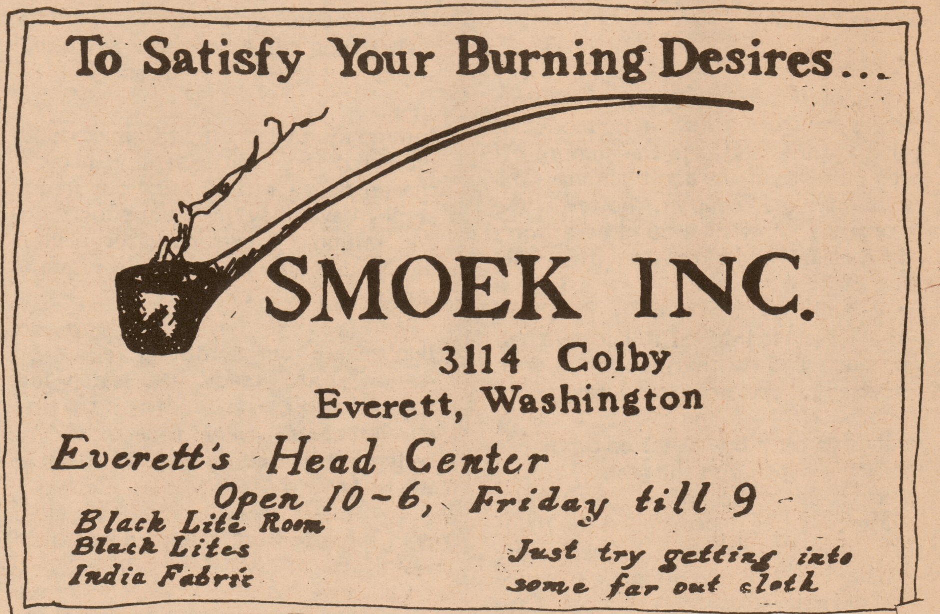
All these lectures take place at the Bellingham Public Library lecture room from 8:00 to 9:30 pm. There is no registration fee.

Welfare Reform

Elaine McLean, a welfare rights organizer of statewide repute, will speak at the Senior Citizens Center, 314 Holly, at 7:30 p.m. this Tuesday, April 4. She will have up-to-date news on HR-1, the Nixon Administration's controversial welfare reform bill, and will also talk about her experience with welfare advocacy groups.

Ms. McLean's appearance here is part of a program now getting under way in Bellingham to train welfare advocates - people who will learn the ins and outs of the complex tangle of welfare regulations, and use their skills to help welfare recipients make the most of their situation. This includes such things as finding out about special grants hidden in the welfare manuals and getting fair hearings for recipients who have been cut off without good reason.

Anyone interested in further information about welfare rights and welfare advocacy in Bellingham should call the Birchwood Community Action Center, 734-9075.



Gimel Beth

compiled by kay lee

B - Bellingham
VZ - Van Zandt
S - Seattle
V - Vancouver
BL - Bellevue

TUESDAY, April 4

(Wisconsin) Presidential primary elections

(B) Julian Bond, Congressman from Georgia, speaking at Carver Gym, WWSC, 8 p.m., for 50 cents admission.

(S) Van Cliburn, pianist, Opera House, 8 p.m.

WEDNESDAY, April 5

(B) Oscar Peterson Trio and One (Clark Terry), Clinic in the afternoon, Concert in the evening, Music Auditorium, WWSC, student $1, adults $2

April 5-8

(S) "Little Orphan Abbie," play by David Peterson of Seattle, about Chicago 1968 - the farce and the trial, a Skid Road Show at Second Storey Gallery, 110 First Ave., Pioneer Square, 8 p.m. $2 advance, $2.50 at door. Reservations recommended, MA 2-0251.

April 5-30

(B) Gallery 217, paintings by Robert Bragg and Lois Meyer. Tuesdays thru Saturdays, 12 noon to 5 p.m.

THURSDAY, April 6

(B)

Whatcom Museum of History & Art begins 6-week session in Modern Art History, taught by Tom Schlotterback, 7:30 - 9:30 p.m. Fees - members $20; non-members $25.

(B) "Raisin in the Sun," WWSC, L-4, 6:30 and 9:30 p.m., 50 cents.

(S) World Champion Ice Review, Coliseum, 7:30 p.m.

FRIDAY, April 7

"Black God, White Devil," 3rd World film, WWSC L-4, 7 & 9:15 p.m.

April 7-9

(S) Northwest Wilderness Conference, Eames Theatre, Pacific Science Center. Three wilderness films Friday, 7:30 p.m.; talks begin Saturday 8 a.m. and Sunday 9 a.m., major topics being Alaska and Canadian wilderness. Registration is $3.50 adults; $1.50 students. Phone Polly Dyer, EM 4-3933.

SUNDAY - April 9

(S) B.J. Thomas and Climax, Arena, 8 p.m. Advance tickets $4.50, concert day $5.50. Fidelity Lane and outlets.

(S) A free organ concert at the Food Circus from 2-4 p.m. Thank you.

MONDAY, April 10

(B) At 10:30 p.m. there will be a special report on the freeholders, who are now only a month away from completion of a new city charter for Bellingham. KVOS, Ch. 12.

(S) Mushroom meeting. The Mycological Society will be meeting in Eames Theater at the Pacific Science Center at 8 p.m.

TUESDAY, April 11

(S) Fiest Mexicana, with 30 dancers, musicians, singers. Opera House, 8:30 p.m.

April 11-15

(S) Albert Collins appearing at the Fresh Air Tavern, 1509 Broadway.

THURSDAY, April 13

(B) David Frost Show will have Prophetess Jeanne Dixon; Director Peter Bogdanovich (who did the Last Picture Show); and a nark as guests.

(B) A good movie on television (perhaps) called Pendulum at 9 pm on Ch. 12.

(B) The first regular meeting of the Whatcom County Housing Authority will be held at the Lynden City Hall at 7:30 p.m.

(B) "On the Waterfront," WWSC, L-4, 6:30 and 9 p.m. 50 cents.

FRIDAY, April 14

(V) Fiesta Mexicana, Queen E Theatre, 8:30 pm.

(B) "Battle of Algiers," L-4, 7 and 9:15 pm.

(S) A pop concert by the Seattle Symphony Orchestra from 8-10 pm. At the Arena.

SATURDAY, April 15-16

(S) Puget Sound Science Fair, Flag Plaza Pavilion, 11 am to 6 pm.

SUNDAY, April 16

(B) "Z", concerning the Greek tragedy of our time, WWSC Music Auditorium, 6:30 and 9 pm.

(S) The Seattle Symphony Orchestra will be doing a program entitled "P.D.Q. Bach" at the Seattle Center Playhouse at 7:30 pm.

Cheapos

by mabelmer & elmble groatt

sure do appreciate yer passin on them cheapos and sure do wish ya'd drop by our town an' say howdy an' mebbe hang around awhile.

anyway ed monk informs us that in caulifornia stores will let ya turn in coupons out of magazines and take the amount off yer bill even if ya don't purchase the item on the coupon. however the stores we know of around here won't do that. anybody know one that will?

if ya buy bulk oil that's been re-refined (that's recycled, folks) it'll cost ya half as much and do the job just as well. especially if yer car is an oil leaker.

fer things ya can't buy at the co-op there's this: the papers run the grocery stores' weekly sale ads every wednesday nite (ya score a free paper around the VU if yer up at the collidge) and each store usually has very low prices on a couple of sale items (even corner stores have "super-specials") but its not worth the effort to run around to each store...so the trick is... cut out all the good stuff and carry it with ya as yer doin yer other stuff, and when ya pass a store check out its goody of the week.

if ya like coconuts remember to save the shell (i don't like coconuts & i don't smoke, but they're fun to carve up).

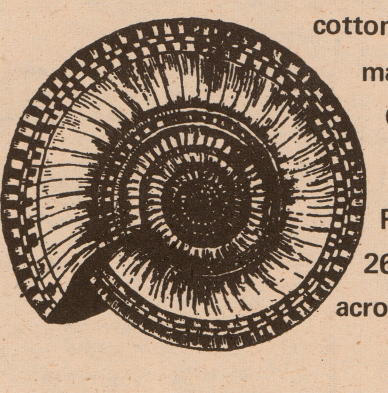
its common knowledge that hippies don't shave but if yer an exception heres a cheapo fer ya. at the check out stands at paynsave they have coupons for a 74c refund on persona razor blades. the blades only cost 69c (for safety razors) so ya can't lose.

sorry we don't have our sprouting report on co-op "seeds" ready yet. watch this space next issue for further developments. every time i try to watch the durned things i fall asleep in the front yard.

we close with a quote from chairman ed's little white letter:

"if ya can't or don't want to go through the changes to make more money, then cut down and remanage yer out-go..."

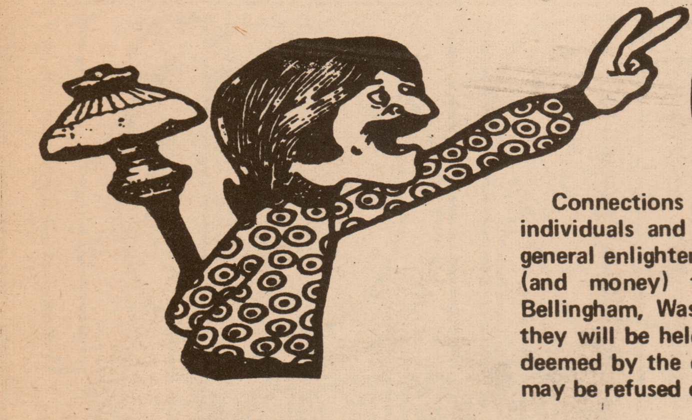
Macrame Twine



cotton, jute, and nylon in colors
marine products
COME IN AND LOOK AROUND
REDDEN NET CO.
2626 Harbor Loop
across from yacht club

aardvark books and arts
1222 North State
(3 doors south of Shakey's)
Open week nights until 9 p.m.
734-4043

Anybody's Bike Book............$3.00
Be Here Now............................3.33
J. Krishnamurti.......(seven titles)
Yoga for Americans................1.25
The Massage Book..................3.95
European Color Calendars were 3.95, now 1.95; many for less



Connexions

Connections are published as a public service. They are free of charge to individuals and to groups offering information for the common good or general enlightenment. Rates to businesses are 12 cents per word. Send ads (and money) to: Connections, Box 105, South Bellingham St tion, Bellingham, Wash. 98115. If not received by the Friday prior to an issue, they will be held over until the next issue. Connections containing language deemed by the editors to be offensive to a substantial portion of our readers may be refused or reworded without notice.

NOTES TO THE COMMUNITY

LONELY HOUSE? A summer vacation, and no one will take care of your place? Call Sue for details at 676-8187 after the 1st of April. I'll take care of lawns, gardens, houses, and prepare for your returns with a refrigerator of goodies.

TELEGRAPH MUSIC WORKS is now open. We repair and make stringed instruments like guitars, banjos, and dulcimers. We're at 1000 Harris, 2nd floor, above the Food Co-op — or call Jack Hansen, 676-0858.

WE IN THE SKAGIT VALLEY are getting together a Food Co-op. If you're interested in helping, we need folks and money. Contact Valley Co-op, Rt. 5, Box 307, Mt. Vernon 98273, 422-5634. We also need a building, preferably within a 5-mile radius of skagit valley college. If you know of one, please let us know.

KNOWLEDGE SOUGHT: I am looking for a teacher of Tai-Chi. If you can help, contact Libby at Rt. 5, Box 307, Mt. Vernon, Washington 98273, 422-5634.

ARTISTS: Bellingham area painters, musicians, writers, poets — HOW ABOUT AN ARTISTS' CO-OP? Maybe we can bring culture to Bellingham . . .?? I have some ideas, would like to hear yours. Write Maryann, Rutsatz Road, Deming 98244.

APPLE PEOPLE: We all know it's Spring Time again and some of our resources (like mine were) are getting low. Apple tree pruning is in season and rent is usually free. Best to look for work above Lake Chelan City, pays about $1.75 a tree or $1.75 an hour. Unemployment Office can get you work usually and the weather is beautiful. About 70 - 75 degrees every day. About three to five weeks left. Om Shanti — Robert or Crabbit.

BORED MEETINGS: Food Co-op Board Meetings are held every Wednesday at 7:30 p.m. in the Co-op. Board members and other interested people are welcomed to attend.

THE COMMUNITY FOOD CO-OP is trying to stay open from 10:00 a.m. to 6 p.m., but more VOLUNTEERS are needed. Drop by and put in some energy! Workers are also needed for the community gardens. For that, contact Sven at Joe's Garden or at the Co-op or Fairhaven Community Center, 1000 Harris.

LA LECHE LEAGUE meets Tuesday, April 11th, at 7:30 p.m. Topic this month is Nutrition: Weaning. All interested women are invited — as are nursing babies. Meeting place: Harriet Arkley's, 1138 Marine Drive. Call 733-4805 or 734-8143 for further information of if you need someone to talk to about nursing.

SWINGERS CLUB and "similar interests" forming! Join now! Write Boxholder, Box 46236, White Center, Washington 98016.

RUMMAGE SALE: By Willing Workers, April 4th, 9 a.m. to 4:30 p.m. at 1315 State Street.

LOST: Gray male cat, 10 months old. Four white paws, chest and stomach white, lost in South Lake Samish area. Please call 734-6549. We miss him.

ALTHOUGH I HAVE BEEN IN THE OHIO PENITENTIARY FOR ONLY 6 MONTHS, I have begun to realize and acutely feel the extent of loss I will have suffered through being separated and disassociated with the outside and all that exists within it. We here would like to correspond with anyone who would desire to do so. If anyone would like to respond, please address your letters to Charles E. Bell (133-074), Box 511, Columbus, Ohio 43216.

DANCE FOR LIFE: April 14th Benefit Dance for Bangla Desh Refugee Children, 8:00 at the V.U. Mystery Band and host or irregulars. Donations and Please Do.

HOUSES

BOLL WEEVIL; NWP reporters need a home preferably in Southside, preferably $100 a month, but will negotiate anything reasonable. Contact kindly old Uncle Mabel and Aunt Goat, c/o NWP.

SHARE: I am looking for a few people to share the expenses of food andhousing with. I am male, a vegetarian, and presently in a government subsidized volunterr(?) program working for social change. Call Him, 734-8878.

ASTROLOGICAL RENTS: Aries wants to share house, 2 bedroom with vegetarians. Have one Taurus girl child 1 year old. Rent up to $75 without utilities. Prefer mother with child or maybe lady expecting so interests will be somewhat compatible. Hopefully in Southside area. Please write Sylvia Griffin, c/o P.O. Box 137, South Bellingham Station, Bellingham 98225. God bless you.

ROOMS FOR RENT: in big 4-bedroom house on Southside. Rent is about $50 apiece, including all utilities. We need somebody fast, so come on by. Peter, Karen, or Joel, 1020 16th.

NEED A ROOF OVER YER HEAD? Nice spacious room available at 2115 "B" Street. No smokers or animals, please. See Jeff at above adress or leave message at Passage office.

I WOULD LIKE A QUIET PLACE in the woods to live, a cabin hopefully. If you know of any place or can help me, I'm at 809 McKenzie, Rick.

ROOMMATE BUSTED: Need 1 person, man or woman, to share large comfy house, beautiful view, with 2 or 3 others. $66 a month and utilities, maybe less. Come by 500 N. State or phone 733-4691, Tom or Dave.

LOOKING FOR ONE OLDER, even-minded female to share a large apartment with two other people. Small private bedroom at $30. 733-8733, Mike. Address: 319 Magnolia (near Herfy's).

FOR SALE OR TRADE

'66 MGB, good condition, includes tonneau cover and luggage - ski rack. 285-0177 (Seattle) after 6 p.m. 2770 Westlake Ave. N., $950.

'66 VW Camper, body and paint in great conditon. New ignition, generator, and voltage regulator. Engine rebuilt last Spring by Marc Cutler, 1500 cc. Also have both back seats, extra tires (snow and regular), camper set-up is bed with lots of storage underneath, plus 3-drawer chest of drawers. Very classy, if I do say so myself! Call Mead, 733-6181.

WANTED old Volvo or Mercedes in need of work. Mead, 733-6181.

CLASSICAL GUITAR TEACHER: 5 yrs. experience. $4/1 hour lesson, or in exchange for flute lessons, home-made wine, firewood, lids, religious - philosophical ideas, Fresh-Aire, smiles, kisses or love-making. Jose Carmona.

PUREBRED IRISH SETTER for sale. 7 months old, A.K.C. papers and all shots. Mead, 733-6181.

'62 Ford — 9 passenger Station Wagon. Very good condition, $200. Call 966-5778, leave name and telephone number.

LIGHTWEIGHT TENT FOR SALE: 4½ lbs. 5X7 sewn in floor and screens, never used. $23.

FOR SALE: Obsolete, uncompleted Freeway Bridge. May be seen in Seattle. U-Haul away. Price open. Call the Mayor of Seattle, Collect.

CRAFTSMAN TABLE MODEL JIGSAW, 20" throat, also $23. 734-3196 or Apt. 207, 255 N. Forest.

OH NO!: For sale or will trade FOR A CAR: 10-speed bike, alloy quick change wheels, allow bars and crank, will throw in fenders and miscellaneous tools and books. 3 months old. Write P.O. Box 1172, B'ham.

WAREHOUSE SALE: New, unused carriage stickers, from 17th and 18th Century England. Assorted titles: "England; love it or leave it." "God is alive and Living on the Mayflower." Many more.

BARR'S: Stop in and see the new Argenta papers, metallic finish and pastel surfaces. Practica 85 mm SLR Sal. Stop in and congratulate (or console) the recently married Bill Smith.

WHY DO CAMERAS HAVE SUCH FUNNY NAMES? For sale: Minolta Tele Rokkor Lens. 1¾35 f = 100 mm, for $50. Minolta W. Rokkor 1¾2.8 f = 35 mm, for $50. Both have skylight cover lenses. Call 734-6001, ask for Rick or leave message.

FOR SALE: 3700 tons or jargonize. Contact Pentagon Hexagon Washington D. C. 18Z54 or Press Niz Wh Hs X-R Nak Bod MASTBTNG in Toilt

FOR SALE: Camping trailer with wheels . . . stove, sink, heater . . . can be lived in like gypsies. Ask at the Daily Bread Deli, 1140 North State.

WOW . . . Read this here paper over your favorite pastrami or cheese sangwich . . . at the Daily Bread Delicatessen. Yep . . .1140 North State.

FOR SALE: Assorted politicians. All sizes, all levels of influence, all crooked. Suitable for framing in the Hall of Infamy. May be seen in Washington, Olympia, and other Cities.

PHOTO-PHREAKS: Come see us at the grand opening of our public darkroom and studio (April 6 - 9). You'll find cameras and film at smaller prices, and friendly folks, too. Chuck, George, Pete, Kristine, and Bill. The Darkroom Center, 1015 State Street, B'ham, 676-8585.

STEREO FREAK? Improve your sound with an 8 track tape deck. Cheap (relatively). Jeff, 2115 "B" Street.

WANTED

GALLON JARS wanted for raw milk conspiracy. Call 734-8271, or leave at 1000 Harris.

MARINE ENGINE wanted, knitting machines wanted to rent, borrow, or buy. 734-8271.

CHEVROLET in good condition, 1950-56, wanted by Karen, 733-2231. can trade 1964 Ford van

FILE DRAWERS OR FILE CABINET wanted by Roxanne at 733-2231. Can pay reasonable fee.

UNCLE ELMER AND AUNTIE MABEL need high chair, crib, etc. for the coming new Groat. Contact the Groats, c/o NWP.

ASSORTED PAINTS wanted to brighten walls. Contact: Street Academy, 734-5121, Bruce, Chris, Helen.

WANTED: BIG BACKPACK,GOOD, with frame. Can trade smaller one, aluminum frame and hylon plus cash, or just cash. See Joan, 4518 Northwest Road, B'ham.

LOOKING FOR USED 10-SPEED. Some cash, will consider trading for things. Call Ric, 734-1652 before noon or after nine.

RIDE needed to Calgary, Alberta anytime this month. Dave Leet, 308 N. State St.

WANTED: VW sedan or Karmann Ghia body (no engine or transmission), 1962-66. Willing to pay up to $100 if in good shape. Call Ron at 734-8022 or Joy at 733-0211 anytime.

FREE

FREE HEARING AID: Contact Allen Hart, Columbia Hotel, B'ham. Peace.

ONE LOVING ADORABLE part-Lab female 12 - week - old housebroken puppy needs loving home and people to love. Rt. 3, Box 360, Mt. Vernon, 98273, 445-5286.

FREEBIES: One ecosystem, bent but not broken. May be seen everywhere. If you take care of it, it will last forever. Yours to care for, but not own.

FREE WOOD COOKSTOVE. Come and get, 1610 10th.

FREE: 3 6 - week - old Lab puppies. See at 1610 10th or Toad Hall.

TWO SIAMESE kittens. Free from Knute Skinner, 734-9781.

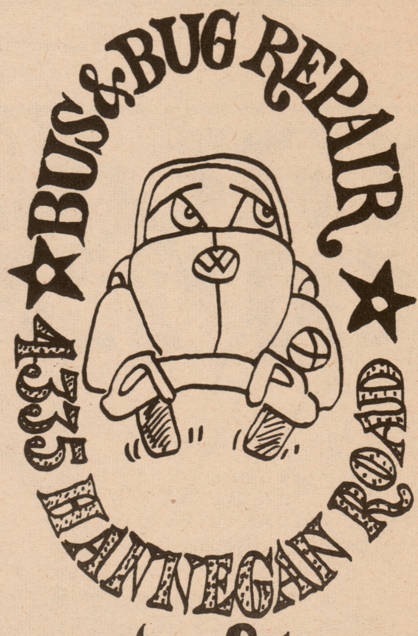
NOTES TO FOLKS

CAROL J. BYRNES. Don't spend all your salary in S.F. Save some for pin money in Seattle next Fall. Mom and Dad.

JIM BIAS, avid guitar player: remember K-Blu. Recording behind blanket; and, the old ranger? Contact March through Howard Michaelson. Quit running, brother.

HELLO DEAREST M from a loving bird.

Get Ready For
SPRING TRIPPING
Bring your VW
to Bus & Bug
specializing in
engine rebuild
transmission repair
& related services



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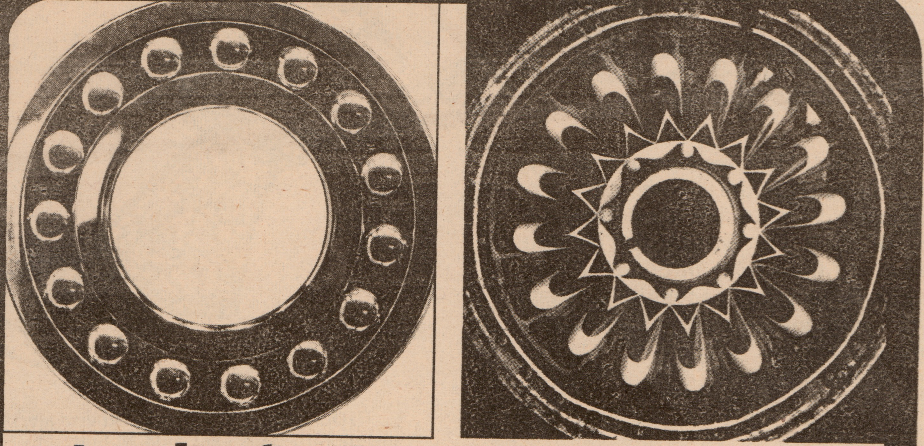


tired of wheeler-dealers?

The garage co-op is now open— to help you help yerself—
On good days we open at 10am.

Another "co-operation is the strength of the nation" enterprise, brought to you by the same Bellinghamsters that brought you the food co-op, the community gardens, the raw milk conspiracy and the NWP.

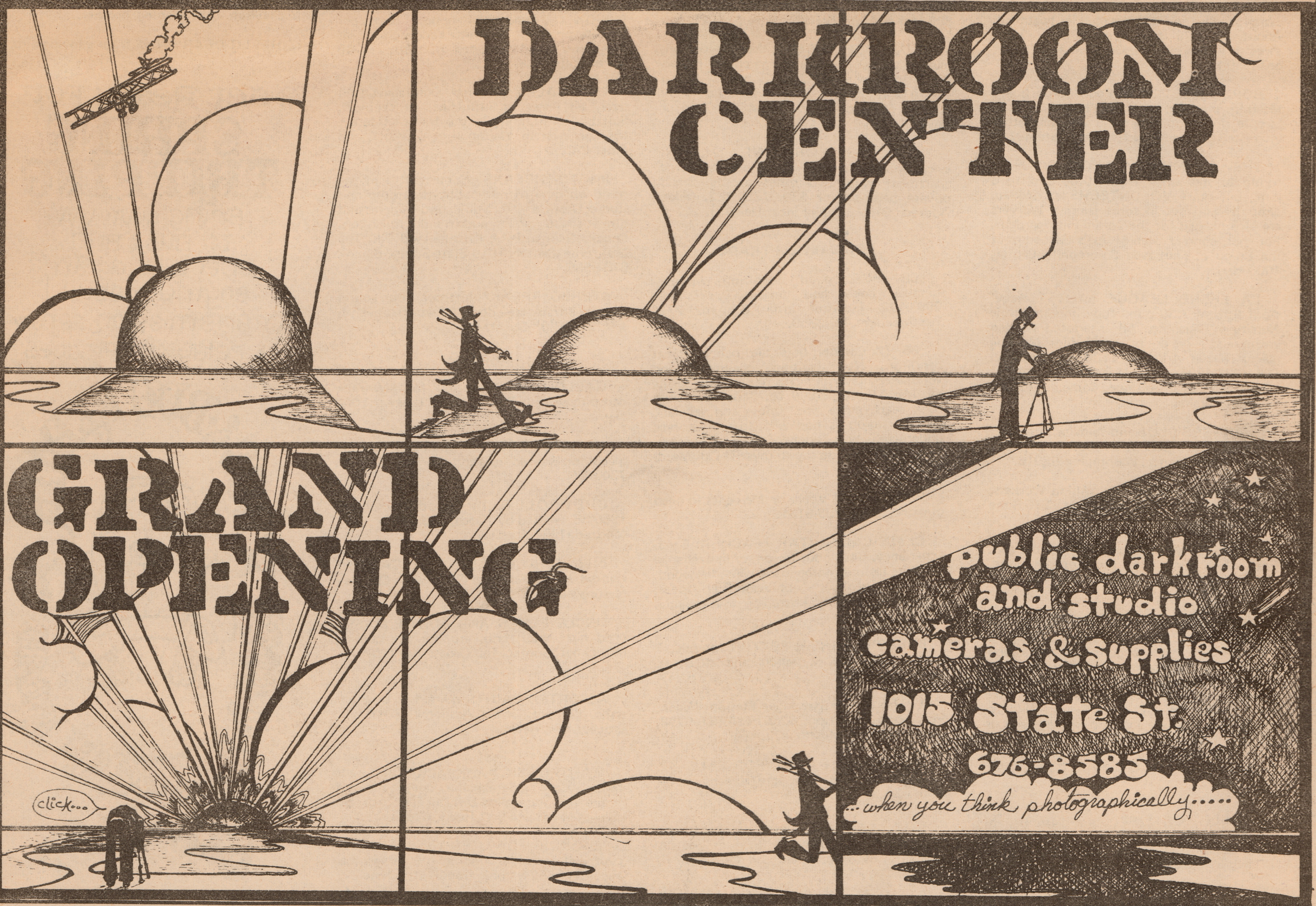
community
garage co-op
racine & whatcom creek

"tomorrow is our permanent address"
e e cummings

ORION
FRESH FOOD RESTAURANT

4538 ROOSEVELT WAY NORTHEAST
TUES-SAT 11:30-10

community
food co-op
1000 harris

. . . yet if trade be grown so craving and importunate through the profuse living of tradesmen, that nothing can support it but the luxurious expenses of a nation upon trifles or superfluities; so as if the people generally should betake themselves to fugality, it might be a dangerous matter, lest tradesmen should mutiny for want of trading; and that therefore we must forgo and set sale religion, liverty, honor, safety, all concerning divine or human, to keep up trading . . . .

John Milton